

Men's Basketball - Practice Schedule - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Varsity 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-9pm SG: BB JV	1 2:30-8pm BG: GVB Match 3:30-5:30pm SG: Dance Co. 5:30-7:30pm SG: GBB 7:30-9pm SG:	2 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Varsity 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-8:30pm SG: BB JV	3 GVB Away 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 6:30-8:30pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	4 2:30-3:30pm: Conditioning 7-9pm BG: GBB 2:30-3:30pm SG: GBB 3:30-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	5 SAT Test 8-10am BG: Youth Academy 8-10am SG: BB JV 11am: Freshmen at VHS 11:30am: JV at Tustin HS
6	7 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Varsity 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-9pm SG: BB JV	8 2:30-8pm BG: GVB Match 5:30-6:30pm WR: Weights 3:30-5:30pm SG: Dance Co. 5:30-7:30pm SG: GBB 7:30-9pm SG:	9 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Varsity 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-8:30pm SG: BB JV	10 2:30-8pm BG: GVB Match 6:45pm: Varsity Game at IVC 3:30-5:30pm SG: Cheer/Song 5:30-7:30pm SG: GBB 7:30-9pm SG:	11 2:30-3:30pm: Conditioning 2:30-3:30pm SG: GBB 3:30-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	12 8-10am BG: Youth Academy 10:15am: JV at Tustin HS 11am: Freshmen at VHS 12:15pm: Varsity at SHHS
13 Add weights →	14 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Varsity 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-9pm SG: BB JV	15 GVB Away 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB Varsity 6:30-8:30pm BG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	16 2:30-5pm BG: GVB 5-7pm BG: BB Varsity 7-9pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-8:30pm SG: BB JV	17 2:30-5pm BG: GVB 5-7pm BG: GBB 6:45pm: Varsity Game at IVC 7-9pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	18 2:30-3:30pm: Conditioning 2:30-5pm BG: GVB 5-7pm BG: GBB 7-9pm BG: GBB 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	19 GBB Tournament BG/SG: 8am-6pm 12:45pm: JV at Tustin HS 1pm: Freshmen at VHS
20 GBB Tournament BG/SG: 8am-2pm	21 2:30-5pm BG: GVB 5-7pm BG: BB Varsity 7-9pm BG: GBB 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-8:30pm SG: BB JV	22 2:30-5pm BG: GVB 5-7pm BG: BB Varsity 7-9pm BG: 3:30-5:30pm SG: Dance Co. 5:30-6:30pm SG: GBB 6:30-8:30pm SG: BB JV	23 2:30-7:30pm BG: CIF GVB 3-5:30pm SG: Cheer/Song 5:30-7:30pm SG: 7:30-9pm SG:	24 2:30-5pm BG: GVB 5-7pm BG: GBB 7-9pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	25 2:30-3:30pm: Conditioning 2:30-5pm BG: GVB 5-9pm BG: GBB 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	26 CIF GVB 8-10am BG: Youth Academy 8-10am BG: BB JV 12pm: Freshmen at VHS 12:45pm: JV at Tustin HS
27	28 2:30-5pm BG: GVB 5-7pm BG: BB Varsity 7-9pm BG: BB JV 3-5:30pm SG: Cheer/Song 5:30-7pm SG: BB Freshmen 7-9pm SG:	29 2:30-4:30pm BG: BB Varsity 4:30-8:30pm BG: GBB 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	30 2:30-4:30pm BG: 4:30-6:30pm BG: 6:30-8:30pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: Freshmen 7-8:30pm SG: BB JV	31 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 6:30-8:30pm BG: 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	1 2:30-4:30pm BG: BB Varsity 4:30-6:30pm BG: GBB 6:30-8:30pm BG: GBB 3-5:30pm SG: Cheer/Song 5:30-7pm SG: 7-8:30pm SG:	2 8-10am BG: Youth Academy 8-10am BG: BB JV Yorba Linda HS Shootout TBA: Varsity game(s)