

Men's Basketball - Practice Schedule - October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Practice 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	7 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 6:30-8:30pm BG: 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	8 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	9 2:30-7:30pm BG: GVB Match 7:20pm: Varsity game at IVC 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	10 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	11 8-10am BG: Academy 9am: JV at VHS 10:10am: Frosh at VHS
12	13 2:30-6:30pm BG: GVB 6:30-8:30pm BG: NCB Evals. 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	14 2:30-7:30pm BG: GVB Match 5:30-6:30pm WR: Weights 6:30-7:30pm: Conditioning 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: GBB 7-8:30pm SG:	15 2:30-6:30pm BG: GVB 6:30-8:30pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: BB Varsity 7-8:30pm SG: BB JV/Frosh	16 2:30-6:30pm BG: GVB 5pm: Varsity game at IVC 6pm: ASB - Rally Setup 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	17 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	18 8-10am BG: Academy 9am: Frosh at VHS 11:20am: JV at VHS
19	20 2:30-5:30pm BG: GVB 5:30-7pm BG: BB Practice 7-8:30pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	21 2:30-3:30pm BG: GVB 3:30-5pm BG: BB JV/Frosh 5-6:30pm BG: BB Varsity 6:30-8:30pm BG: 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: GBB 7-8:30pm SG:	22 2:30-4:30pm BG: GVB 4:30-6:30pm BG: BB Practice 6:30-8:30pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	23 2:30-5pm BG: GVB 5-6:30pm BG: BB Varsity 6:30-8pm BG: BB JV/Frosh 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	24 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	25 GVB CIF 9am-12pm BG: FT-A-Thon 8-10am SG: Academy 2:50pm: Frosh at VHS 2:50pm: JV at VHS
26	27 2:30-5pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Practice 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	28 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Practice 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: GBB 7-8:30pm SG: GBB	29 2:30-5pm BG: GVB 5-7pm BG: BB Varsity 7-9pm BG: BB JV/Frosh 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	30 2:30-5pm BG: GVB 5-7pm BG: GBB 7-9pm BG: 2:30-5pm SG: Cheer 5-7pm SG: 7-8:30pm SG:	31 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	1 Wrestling Tournament Both Gyms
2	3 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB JV/Frosh 6:30-8:30pm BG: BB Varsity 5:30-7pm SG: GBB 7-8:30pm SG:	4 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB Varsity 6:30-8:30pm BG: BB JV/Frosh 5:30-7pm SG: 7-8:30pm SG:	5 2:30-4:30pm BG: GBB 5-8pm BG: Mustang Madness 5:30-7pm SG: 7-8:30pm SG:	6 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB Varsity 6:30-8:30pm BG: BB JV/Frosh 5:30-7pm SG: 7-8:30pm SG:	7 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB Varsity 6:30-8:30pm BG: 5:30-7pm SG: 7-8:30pm SG:	8