

# Men's Basketball - Practice Schedule - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 2:30-5pm BG: GVB 5-6:30pm BG: BB Tryouts 6:30-7:30pm WR: Weights 6:30-8pm BG:  2:30-5pm SG: Dance Co. 5-6:30pm SG: 6:30-8:30pm SG: GVB	30 2:7pm BG: GVB Match 6-7pm WR: Weights   3:30-5:30pm SG: Cheer 5:30-7pm SG: GBB 7-8:30pm SG:	31 2:30-5pm BG: 5-6:30pm BG: 6:30-8pm BG:  2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	1	2
3	4  LABOR DAY  NO SCHOOL	5 2:30-5pm BG: GVB 5-6:30pm BG: BB Tryouts 6:30-7:30pm WR: Weights 6:30-8pm BG:  2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co.. 5:30-7pm SG: 7-8:30pm SG:	6 2:30-6pm BG: GVB 6-7pm WR: Weights 6-8pm BG: BB JV  2:30-3:30pm SG: BB Freshmen 3:30-5:30pm SG: Cheer 5:30-7pm SG: GBB Tryouts 7-8:30pm SG:	7 2:30-5pm BG: GVB 5-6:30pm BG: 6:30-8pm BG:  3-5pm SG: Cheer 5-6:30pm SG: 6:30-8pm SG:	8 2:30-3:30pm ST: Conditioning 2:30-5pm BG: GVB 5-6:30pm BG: 6:30-8pm BG:  2:30-3:30pm SG: GBB 3:30-5pm SG: 5-6:30pm SG:	9 8-10am BG: Academy 10am-12pm BG: Yezbak  8-10am SG: 10am-12pm SG:
10	11 2:30-6pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Varsity 8-9:30pm BG:  2:30-3:30pm SG: BB Freshmen 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB JV 7:30-9pm SG:	12 2:30-7:30pm BG: GVB Match 5:30-6:30pm WR: Weights 7:30-9pm BG:  2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	13  Back to School Night  No Basketball	14 2:30-7:30pm BG: GVB Match 7:30-9pm BG:  2:30-3:30pm SG: BB Freshman 3:30-5:30pm SG: Cheer 5:30-7pm SG: BB Varsity 7-8pm WR: Weights 7-8:30pm SG:	15 2:30-3:30pm ST: Conditioning 2:30-5pm BG: GVB 5-6:30pm BG: 6:30-8pm BG:  2:30-3:30pm SG: GBB 3:30-5pm SG: 5-6:30pm SG:	16 8-10am BG: Academy 10am-12pm BG: Yezbak  8-10am SG: 10am-12pm SG:
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24	25 2:30-6pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Varsity 8-9:30pm BG:  2:30-3:30pm SG: BB Freshmen 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB JV 7:30-9pm SG:	26 2:30-4pm BG: GBB 4-5:30pm BG: BB Varsity 5:30-6:30pm WR: Weights 5:30-7pm BG: 7-8:30pm BG:  2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	27 2:30-6pm BG: GVB 6-7:30pm BG: GBB 7:30-9pm BG: BB JV  2:30-3:30pm SG: BB Freshmen 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	28 2:30-7:30pm BG: GVB Match 5-6pm WR: Weights 7:30-9pm BG:  2:30-5pm SG: Cheer 5-6:30pm SG: 6:30-8pm SG:	29 2:30-3:30pm ST: Conditioning 2:30-5pm BG: GVB 5-6:30pm BG: 6:30-8pm BG: GBB  2:30-3:30pm SG: 3:30-5pm SG: 5-6:30pm SG:	30 8-10am BG: Academy 10am-12pm BG: Yezbak  Valencia Fall League JV TBA Freshmen TBA