

Men's Basketball - Practice Schedule - September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 Labor Day No School	8 2:30-8pm BG: GVB Match 5:30-6:30pm WR: BB Weights 2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	9 Back to School Night No Basketball	10 2:30-7pm BG: GVB 5:30-6:30pm WR: Weights 7-8:30pm BG: BB Practice 3-5pm SG: Cheer 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	11 2:30-4:30pm BG: 4:30-6:30pm BG: 6:30-8:30pm BG: 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	12 8-10am BG: Youth Academy 9-10am ST: Conditioning 10-11:30am BG: Practice
13	14 2:30-7pm BG: GVB 5:30-6:30pm WR: BB Weights 7-8:30pm BG: GBB 8:30pm: Varsity game at Troy 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	15 2:30-8pm BG: GVB Match 5:30-6:30pm WR: BB Weights 2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	16 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: Varsity 7-8:30pm SG: JV/Fr-So	17 2:30-8pm BG: GVB Match 5:30-6:30pm WR: BB Weights 3-5pm SG: Cheer 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	18 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	19 8-10am BG: Youth Academy
20	21 2:30-7pm BG: GVB 5pm: Varsity game at Troy 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	22 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB Practice 6:30-7:30pm WR: Weights 6:30-8:30pm BG: 2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	23 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: Varsity 7-8:30pm SG: JV/Fr-So	24 2:30-7pm BG: GVB 5:30-6:30pm WR: Weights 7-8:30pm BG: 3-5pm SG: Cheer 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	25 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	26 8-10am BG: Youth Academy 9-10am ST: Conditioning 10-11:30am BG: Practice
27	28 2:30-7pm BG: GVB 6:10pm: Varsity game at Troy 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	29 2:30-8pm BG: GVB Match 5:30-6:30pm WR: BB Weights 2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	30 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: Varsity 7-8:30pm SG: JV/Fr-So	1 2:30-4:30pm BG: JV/Fr-So 4:30-6:30pm BG: Varsity 6:30-8:30pm BG: 3-5pm SG: Cheer 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	2 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	3 8-10am BG: Youth Academy 9-10am ST: Conditioning 10-11:30am BG: Practice
4	5 2:30-7pm BG: GVB 5pm: Varsity game at Troy 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	6 2:30-4:30pm BG: GBB 4:30-6:30pm BG: Varsity 6:30-8:30pm BG: JV/Fr-So 2:30-3:30pm SG: 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	7 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: Varsity 7-8:30pm SG: JV/Fr-So	8 2:30-8pm BG: GVB Match 5:30-6:30pm WR: BB Weights 2:30-3:30pm SG: 3:30-5:30 pm SG: Dance Co. 5:30-6:30pm SG: GBB 6:30-8:30pm SG:	9 2:30-7pm BG: GVB 7-8:30pm BG: GBB 3-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	10 Wrestling Tournament