

ROCKET CITY FALCONS



BASKETBALL

Rocket City Falcons Practice Schedule Starting 9/5/23 (No practice on Labor Day) All practices at Downtown Rescue Mission

Day	Monday	Tuesday	Thursday	Friday
Time				
3:00-3:30	JV/VG 3-5:30	MSG	MSG	JV/VG
3:30-4:00				3:00-4:30
4:00-4:30				
4:30-5:00				
5:00-5:30	No Practice DRM not available	MSB/JVB	JV/VG	MSB
5:30-6:00				4:30-6:00
6:00-6:30				JVB
6:30-7:00				6:00-7:30
7:00-7:30		VB	VB	
7:30-8:00				
8:00-8:30				
8:30-9:00				7:30-9:00