

Athletic Practice Schedule for Nov. 29 – Dec. 3

Date	Girls Middle School Basketball	Girls Varsity Basketball	Boys Middle School Basketball	Boys Varsity Basketball	Boys JV Basketball	Conditioning
Week 1						
Monday 11/29	LS gym 3:00-4:00	LS gym 3:00-5:00	US gym 3:00-4:00	US gym 3:00-5:00	US gym 4:00-6:00	Fitness Center 3:15-4:30
Tuesday 11/30	US gym 3:00-4:00	US gym 3:00-5:00	LS gym 3:00-4:00	LS gym 3:00-5:00	LS gym 4:00-6:00	Fitness Center 3:15-4:30
Wednesday 12/1/21	LS gym 3:00-4:00	LS gym 4:00-6:00	US gym 3:00-4:00	US gym 4:00-6:00	US gym 4:00-5:00	Fitness Center 3:15-4:30
Thursday 12/2	US gym 3:00-4:00	US gym 4:00-6:00	LS gym 3:00-4:00	LS gym 4:00-6:00	LS gym 4:00-5:00	Fitness Center 3:15-4:30
Friday 12/3	LS gym 3:00-4:00	LS gym 4:00-6:00	US gym 3:00-4:00	US gym 4:00-6:00	US gym 4:00-5:00	Fitness Center 3:15-4:30