



October – November Workout Schedule 2008-2009

Week of Sept. 29-Oct.3

Monday, Sept 29th A Day
X Period – 3:50 – 4:45
4:45 – 5:30 Open Gym Ind. Development
Tuesday, Sept. 30th B Day
8th Period – Floor
3:50 – 5:00 Open Gym
Wednesday, Oct. 1st A Day
X Period – 3:50 – 4:45
4:45 – 5:30 Open Gym Ind. Development
Thursday, Oct. 2nd B Day
8th Period – Floor
3:50 – 5:00 Open Gym
Friday, Oct. 3rd
No School

Week of Oct. 6-10

Monday, Oct. 6th
No School
Varsity – Fall League @ Wylie HS – 8/9
Tuesday, Oct. 7th A Day
X Period – 3:50 – 4:45
4:45 – 5:30 Open Gym Ind. Development
Wednesday, Oct. 8th B Day
8th Period – Floor
Thursday, Oct. 9th A Day
X Period – 3:50 – 4:45
4:45 – 5:30 Open Gym Ind. Development
Friday, Oct. 10th B Day
8th Period – Floor

Week of Oct. 13-17

Monday, Oct. 13th

No School

Varsity – Fall League @ Wylie HS – 8/9

Tuesday, Oct. 14th A Day

X Period – 3:50 – 4:45

4:45 – 5:30 Open Gym Ind. Development

Wednesday, Oct. 15th B Day

8th Period – Floor

3:50 – 5:00 Open Gym

Thursday, Oct. 16th A Day

NO WORKOUT

Friday, Oct. 17th B Day

8th Period – Floor

Week of Oct. 20-25

Monday, Oct. 20th A Day

1ST OF WORKOUTS

End Time 6:30

Varsity – Fall League @ Wylie HS – 8/9

Tuesday, Oct. 21st B Day

End Time 5:00

Wednesday, Oct. 22nd A Day

End Time 6:30

Thursday, Oct. 23rd B Day

End Time 5:00

Friday, Oct. 24th A Day

End Time 6:30

Saturday, Oct. 25th

End Time 11:00 JV/V

Week of Oct. 27-Nov.1

Monday, Oct. 27th B Day

End Time 5:00

Varsity – Fall League @ Wylie HS – 6/9

Tuesday, Oct. 28th A Day

End Time 6:30

Wednesday, Oct. 29th B Day

End Time 5:00

Thursday, Oct. 30th A Day

End Time 6:30

Friday, Oct. 31st B Day

End Time 4:30

Saturday, Nov. 1st

BLUE/WHITE SCRIMMAGE

FREE THROW A THON

FAMILY NIGHT

9:00 All Players report for Free Throw A Thon

5:30 Varsity Return

6:00 Family Night Begins

ALL PLAYERS MUST ATTEND

Week of Nov. 3-8

Monday, Nov. 3rd A Day

End Time 6:30

Tuesday, Nov. 4th B Day

End Time 5:00

Wednesday, Nov. 5th A Day

End Time 6:30

Thursday, Nov. 6th B Day

End Time 6:30

Friday, Nov. 7th A Day

Vs Dallas Thunder JV&V – 6/7:30

9th Workout 4:00-5:15

Saturday, Nov. 8th

End Time 11:00 JV/V

Week of Nov. 10-15

Monday, Nov. 10th B Day

End Time 5:00

Tuesday, Nov. 11th A Day

NO WORKOUT

Wednesday, Nov. 12th B Day

End Time 5:00

Thursday, Nov. 13th A Day

End Time 6:30

Friday, Nov. 14th B Day

End Time 4:30

Saturday, Nov. 15th

Vs HSAA 9/JV/V 12/1:30/3

Week of Nov. 17-22

Monday, Nov. 17th A Day

End Time 6:30

Tuesday, Nov. 18th B Day

Vs Sanger 9/JV/V 5/6:30/8

Wednesday, Nov. 19th A Day

End Time 6:30

Thursday, Nov. 20th B Day

9&JV @ Denton Guyer Tournament – TBA

V @ Prestonwood Tournament - TBA

End Time 5:00 V workout

Friday, Nov. 21st A Day

9&JV @ Denton Guyer Tournament – TBA

V @ Prestonwood Tournament – TBA

Saturday, Nov. 22nd

9&JV @ Denton Guyer Tournament – TBA

V @ Prestonwood Tournament – TBA

Week of Nov. 24-29

Monday, Nov. 24th B Day

End Time 5:00

Tuesday, Nov. 25th A Day 2:00 Dismissal

1st Baptist JV/V 6:30/8

Wednesday, Nov. 26th

Thanksgiving Break – **NO WORKOUT**

Thursday, Nov. 27th

HAPPY THANKSGIVING

Friday, Nov. 28th

NO WORKOUT

Saturday, Nov. 29th

@ Greenhill – 5:00

End Time 11:00 All Teams Workout