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**November 2016 Girls BBall Practice Schedule**

A = Main Gym

B = Small Gym

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7**First Practice**V 3:30-6 HSA9/JV 3:30-5:30 HSB | 8V 3:30-5:30 HSAV Weights - 5:309/JV 3:30-5:00 HSB9/JV Weights - 5:00 | 9Varsity 3:30-6 HSA9/JV - 3:30-5:30 HSB | 10V 3:30-5:30 HSAV Weights - 5:309/JV 3:30-5:00 HSB9/JV Weights - 5:00 | 11Varsity 3:30-6 HSA9/JV - 3:30-5:30 HSB | 12 |
| 13 | 14V 3:15-5:30 HSA9/JV 3:15-5 HSB | 15V 3:15-5:15 HSAV Weights 5:159/JV 3:15-5 HSB9/JV Weights 5:00  | 16V Weights 3:15V 3:45-5:30 HSA9/JV 3:30-5:00 HSA9/JV Weights 5:00 | 17V 3:15-5:30 HSAV Weights 5:309/JV 3:15-4:45 HSB9/JV Weights 4:45 | 18Pride ScrimmageV vs DC-G 7:15JV vs DC-G 6:30V vs DC-G 6:00 | 19**CIML Jamboree****Vs Ankeny 2:40** **At Valley HS** |
| 20 | 21V 3:15-5:30 HSA9/JV 5:00-7 HSB | 22**PICTURE DAY 3:15**V 3:45-5:309/JV 3:45-5:00 | 23Varsity 8-10V Weights 109/JV 8-9:459/JV Weights 9:45 | 24NO PRACTICE | 25V 9:00-11 HSAV Weights 11:00JV/9 8:30-10 HSBJV Weights 10:00  | 26**V at CR Xavier 2:30****JV at CR Xavier 1:00** |
| 27 | 28V Weights 5:00V 5:30-7:30 HSA9/JV 3:15-4:45 HSB9/JV Weights 4:45 | 29**V vs Lincoln 6:15****JV vs Lincoln 4:45****9 vs Lincoln 7:45** | 30V Weights 3:00Varsity 3:30-5:309/JV 3:30-59/JV Weights 5:00**TEAM DINNER 5:15** | 1V 3:15-5:15 HSA9/JV 3:15-4:45 HSB | 2**V vs Ames 6:15****JV vs Ames 4:45****9 vs Ames 7:45** |  |