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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 HSA  9/JV 3:30-5:30 HSB | 8  V 3:30-5:30 HSA  V Weights - 5:30  9/JV 3:30-5:00 HSB  9/JV Weights - 5:00 | 9  Varsity 3:30-6 HSA  9/JV - 3:30-5:30 HSB | 10  V 3:30-5:30 HSA  V Weights - 5:30  9/JV 3:30-5:00 HSB  9/JV Weights - 5:00 | 11  Varsity 3:30-6 HSA  9/JV - 3:30-5:30 HSB | 12 |
| 13 | 14  V 3:15-5:30 HSA  9/JV 3:15-5 HSB | 15  V 3:15-5:15 HSA  V Weights 5:15  9/JV 3:15-5 HSB  9/JV Weights 5:00 | 16  V Weights 3:15  V 3:45-5:30 HSA  9/JV 3:30-5:00 HSA  9/JV Weights 5:00 | 17  V 3:15-5:30 HSA  V Weights 5:30  9/JV 3:15-4:45 HSB  9/JV Weights 4:45 | 18  Pride Scrimmage  V vs DC-G 7:15  JV vs DC-G 6:30  V vs DC-G 6:00 | 19  **CIML Jamboree**  **Vs Ankeny 2:40**  **At Valley HS** |
| 20 | 21  V 3:15-5:30 HSA  9/JV 5:00-7 HSB | 22  **PICTURE DAY 3:15**  V 3:45-5:30  9/JV 3:45-5:00 | 23  Varsity 8-10  V Weights 10  9/JV 8-9:45  9/JV Weights 9:45 | 24  NO PRACTICE | 25  V 9:00-11 HSA  V Weights 11:00  JV/9 8:30-10 HSB  JV Weights 10:00 | 26  **V at CR Xavier 2:30**  **JV at CR Xavier 1:00** |
| 27 | 28  V Weights 5:00  V 5:30-7:30 HSA  9/JV 3:15-4:45 HSB  9/JV Weights 4:45 | 29  **V vs Lincoln 6:15**  **JV vs Lincoln 4:45**  **9 vs Lincoln 7:45** | 30  V Weights 3:00  Varsity 3:30-5:30  9/JV 3:30-5  9/JV Weights 5:00  **TEAM DINNER 5:15** | 1  V 3:15-5:15 HSA  9/JV 3:15-4:45 HSB | 2  **V vs Ames 6:15**  **JV vs Ames 4:45**  **9 vs Ames 7:45** |  |