

# September 11 to September 17, 2022


Week 38

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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	11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM		Boys HS Training Weightroom	Boys HS Training Weightroom		Boys HS Training Weightroom		
4 PM							
5 PM							
6 PM							
7 PM			Boys Youth (6:30pm-8pm)				
8 PM							

# September 18 to September 24, 2022


Week 39

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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	18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
	Jeff Fall league (V only)						Hoopsource Fall league (V/JV)
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM		Boys HS Training Weightroom	Boys HS Training Weightroom		Boys HS Training Weightroom		
4 PM							
5 PM							
6 PM							
7 PM			Boys Youth (6:30pm-8pm)		Boys Youth (6:30pm-8pm)		
8 PM							

# September 25 to October 1, 2022

Week 40

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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	25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	1 Saturday
	Jeff Fall league (V only)	1st Day on the court		AM Shoot?			Hoopsource Fall league (V/JV)
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM			Boys HS Court (All) 2.0 hrs Lower Gym		Boys HS Court (All) 1.25hrs Lower Gym		
4 PM		Boys HS Training Weightroom			Boys HS Training Weightroom		
5 PM		Boys HS OnCourt 1.5hrs - Re- turners Only Upper Gym	Boys HS Training Weightroom				
6 PM							
7 PM			Boys Youth (6:30pm-8pm)				
8 PM							

# October 2 to October 8, 2022

Week 41

October 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

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	2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
	Jeff Fall league (V only)						Hoopsource Fall league (V/JV)
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM			Boys HS Court (All) 2.0 hrs Lower Gym		Boys HS Court (All) 1.25hrs Lower Gym	Boys HS Training (WR)	
4 PM		Boys HS Training Weightroom			Boys HS Training Weightroom		
5 PM		Boys HS OnCourt 1.5hrs - Re- turners Only Upper Gym	Boys HS Training Weightroom				
6 PM							
7 PM			Boys Youth (6:30pm-8pm)		Boys Youth (6:30pm-8pm)		
8 PM							

# October 9 to October 15, 2022

Week 42

October 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

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	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
	Jeff Fall league (V only)						Hoopsource Fall league (V/JV)
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM			Boys HS Court (All) 2.0 hrs Lower Gym		Boys HS Court (All) 2.0 hrs Lower Gym		
4 PM		Boys HS Training Weightroom					
5 PM		Boys HS OnCourt 1.5hrs - Re- turners Only Upper Gym	Boys HS Training Weightroom		Boys HS Training Weightroom		
6 PM							
7 PM			Boys Youth (6:30pm-8pm)		Boys Youth (6:30pm-8pm)		
8 PM							

# October 16 to October 22, 2022

Week 43

October 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												


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	16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
	Jeff Fall league (V only)						Boys HS Court (...) 2hrs TIME TBD Hoopsource Fall league (V/JV)
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM			Boys HS Court (All) 1.25hrs Lower Gym		Boys HS Court (All) 1.25hrs Lower Gym		
4 PM		Boys HS Training Weightroom	Boys HS Training Weightroom		Boys HS Training Weightroom		
5 PM		Boys HS OnCourt 1.5hrs - Re- turners Only Upper Gym					
6 PM							
7 PM				Boys Youth Upper (6:30pm-8pm)			
8 PM							

# October 23 to October 29, 2022

Week 44

October 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												


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	23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM		Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym	Boys HS Court (All) 1.5 Upper Gym	Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym	Boys HS Court (All) 1.5 Upper Gym		
4 PM		Boys HS Training (WR)	Boys HS Training (WR)		Boys HS Training (WR)		
5 PM							
6 PM							
7 PM			Boys Youth (6:30pm–8pm)		Boys Youth (6:30pm–8pm)		
8 PM							

# October 30 to November 5, 2022

Week 45

October 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

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	30 Sunday	31 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM		Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym	Boys HS Court (All) 1.5 Upper Gym	Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym	Boys HS Court (All) 1.5 Upper Gym		
4 PM		Boys HS Training (WR)	Boys HS Training (WR)	Boys HS Training (WR)	Boys HS Training (WR)		
5 PM							
6 PM							
7 PM			Boys Youth (6:30pm–8pm)		Boys Youth (6:30pm–8pm)		
8 PM							



# November 6 to November 12, 2022

Week 46

November 2022							December 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5				1	2	3		
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

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	6 Sunday	7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM		Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym	Boys HS Court (All) 1.5 Upper Gym	Boys HS OnCourt 1.5hrs – Re- turners Only Upper Gym			
4 PM		Boys HS Training (WR)	Boys HS Training (WR)	Boys HS Training (WR)			
5 PM							
6 PM							