

2020-2021 JV/Varsity Girls and Boys Basketball Practice Schedule @ FA Gym

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| A 2:30-4:15 pm B 4:15-6:00 pm | A 2:30-4:15 pm B 4:15-6:00 pm | A 2:30-4:15 pm B 4:15-6:00 pm | A 2:30-4:15 pm B 4:15-6:00 pm | A 2:30-4:15 pm B 4:15-6:00 pm |

Once games begin, there will be up to 3 practices per week. The coach will send out the weekly schedule via email at the beginning of the week.

- Girls and Boys will rotate A & B practice times every two weeks.
- The teams will NOT practice on game days unless they do a “walk-through” practice.
- **If it is a B week, then the team will go to FASST from 2:30-3:30 before practice to do their lifts. The Head Coach will specify what to do with the open time from 2:30-4:15 each week on the practice calendar.**
- **If it is an A week, then the team will do their lifts after practice at 4:15 pm if coach desires.**
- There could be an intermittent morning practice.
- **REMEMBER:** Schedule times are always subject to change

WEEK OF:

November 2 ~ Boys A / Girls B

November 9 ~ Boys A / Girls B

November 16 ~ Girls A / Boys B

November 23: Thanksgiving Week ~ Times TBD during break

November 30 ~ Girls A / Boys B

December 7 ~ Boys A / Girls B

December 14 ~ Boys A / Girls B

December 21 - January 4: Christmas Break ~ Times TBD during break

January 5 ~ Girls A / Boys B

January 11 ~ Girls A / Boys B

January 18 ~ Boys A / Girls B

January 25 ~ Boys A / Girls B

February 1 ~ Girls A / Boys B

February 8 ~ Girls A / Boys B