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| SUNDAY | MONDAY | TUESDAY | | WEDNESDAY | | THURSDAY | FRIDAY | SATURDAY |
|  |  | 1  Workouts 5:00-7:30 pm | 2  Workouts 5:00-7:30 pm | | 3  Workouts 5:00-7:30 pm  (Track/Aux Gym) | | 4  Shooting 2:45-3:45 pm | 5 |
| 6  Fall League (Varsity Only/TBA) | 7  Workouts 5:00-7:30 pm | 8  Workouts 5:00-7:30 pm | 9  Workouts 5:00-7:30 pm  (Track/Aux Gym) | | 10  Workouts 5:00-7:30 pm | | 11  Shooting 2:45-3:45 pm | 12 |
| 13  Fall League (Varsity Only/TBA) | 14  Workouts 5:00-7:30 pm | 15  Workouts 5:00-7:30 pm | 16  Workouts 5:00-7:30 pm | | 17  Workouts 5:00-7:30 pm  (Track/Aux Gym) | | 18  Shooting 2:45-3:45 pm | 19 |
| 20  Fall League (Varsity Only/TBA) | 21  Workouts 5:00-7:30 pm | 22  Workouts 5:00-7:30 pm | 23  Workouts 5:00-7:30 pm | | 24  Workouts 5:00-7:30 pm | | 25  Shooting 2:45-3:45 pm | 26 |
| *27* | *28*  *OFF* | *29*  *OFF* | 30  Try-outs Day 1  JV 2:30-4:00  Varsity 6:00-8:00 pm | | 31  Try-outs Day 2  JV 2:30-4:00  Varsity 6:00-8:00 pm | |  |  |