

# 2009/2010 Basketball Practice and Game Schedule

- **DO NOT LOSE THESE PIECES OF PAPER!**
- You will be expected to participate in one service project with the team.
- 7<sup>th</sup> grade plays first, you are expected to stay and cheer on the 8<sup>th</sup> graders.
- Evening practices will be as follows 3:00 – 4:00 Study Hall, 4:00- 4:40 Warm-up, stretch, exercise, coaching and conditioning, water break 4:55 -6:00 On the court.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October</b>	26	27 <b>All Paperwork is due</b>	28 <b>AM</b> Practice 6:15 – 7:50am	29 <b>AM</b> Practice 6:15 – 7:50am	30 <b>AM</b> Practice 6:15 – 7:50am	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November</b> 1	2 Practice 3:00 – 6:00	3 Practice 3:00 – 6:00	4 Practice 3:00 – 6:00	5 <b>AM</b> Practice 6:15 – 7:50am	6 Practice 3:00 – 6:00	7
8	9 Practice 3:00 – 6:00	10 Practice 3:00 – 6:00	11 <b>5pm Rice vs Clifton @ Rice</b>	12 Practice 3:00 – 6:00	13 <b>7<sup>th</sup> grade Thomas Tournament</b>	14 <b>7<sup>th</sup> Thomas Tournament con't.</b>
15	16 Practice 3:00 – 6:00	17 Practice 3:00 – 6:00	18 <b>5pm Rice vs Pershing @ Rice</b>	19 Practice 3:00 – 6:00	20 <b>AM</b> Practice 6:15 – 7:50am	21 <b>8<sup>th</sup> grade Episcopal and 7<sup>th</sup> grade Sam Houston Tournaments Middle School All region concert clinic</b>
22	23 Practice 3:00 – 6:00	24 <b>Blue and White Falcons game 8<sup>th</sup> vs 7<sup>th</sup> @7:15 am</b>	25 <b>Holiday</b> Walk ¼ mile, jog ¾ mile Shoot 60 shots	26 <b>Thanksgiving</b>	27 <b>Holiday</b> Walk ¼ mile, jog ¾ mile 75 free throws	28
29	30 Practice 3:00 – 6:00					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>December 1</b> AM Practice 6:15 – 7:50am	2 Practice 3:00 – 6:00	3 5pm Rice vs Pin Oak @ Pin Oak	4 8 <sup>th</sup> Grade Thomas Tournament	5 8 <sup>th</sup> grade Thomas Tournament continued
6	7 Practice 3:00 – 6:00	8 AM Practice 6:15 – 7:50am Choir Concert	9 Practice 3:00 – 6:00	10 Band Concert 6-7 5pm Rice vs Lincoln @Rice	11 7 <sup>th</sup> and 8 <sup>th</sup> grade Westbriar tournament	12 7 <sup>th</sup> and 8 <sup>th</sup> grade Westbriar tournament
13	14 5pm Rice vs Pershing @ Pershing	15 Practice 3:00 – 6:00	16 Practice 3:00 – 6:00	17 AM Practice 6:15 – 7:50am	18 Early dismissal Jog ½ mile Shoot 50 shots-variety	19 Walk ¼ mile, jog ¾ mile, shoot 60 shots - variety
20	21 10 sets of 1 minute jump roping	22 Run 10 30 meter runs with 10 1 minute box jumps(5right, 5left)	23 Run 1 mile, less than 8 minutes pace yourself!	24 Run full speed, longest distance walk back, 6 times	25 Holiday ☺	Jog ½ mile Shoot 50 shots- variety
27 Walk ¼ mile, jog ¾ mile, shoot 60 shots - variety	28 10 sets of 1 minute jump roping	29 Run 10 30 meter runs with 10 1 minute box jumps(5right, 5left)	30 Run 1 mile, less than 8 minutes pace yourself	31 Run full speed, longest distance walk back, 6 times	January 1 Holiday ☺	2 Jog ½ mile Shoot 50 shots- variety

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Run 10 30 meter runs with 10 1 minute box jumps(5right, 5left)	5 Practice 3:00 – 6:00	6 5pm Rice vs Ryan @ Rice	7 Practice 3:00 – 6:00	8 Practice 3:00 – 6:00	9 Track and Field Tryouts and Orientation 9am – 1am @ Lamar High School
10	11 Practice 3:00 – 6:00	12 Practice 3:00 – 6:00	13 5pm Rice vs Pin Oak @ Rice	14 Practice 3:00 – 6:00	15 AM Practice 6:15 – 7:50am	16 Texas Childrens' Fun run 7:30 – 11:00am All athletes
17	18 Holiday	19 Practice 3:00 – 6:00	20 Practice 3:00 – 6:00	21 5pm Rice vs Ryan @ Ryan	22 Practice 3:00 –6:00	23 Choir Competition @ Johnston
24	25 Practice 3:00 – 6:00	26 Practice 3:00 – 6:00	27 5pm Rice vs Grady @ Grady	28 Practice 3:00 – 6:00	29 Practice 3:00 –6:00	30 Tutorials
31	February 1 Practice 3:00 – 6:00	2 Practice 3:00 – 6:00	3 5pm rice vs Lincoln @ Lincoln	4	5	6 Track starts on Monday Morning ☺ YEAH!!!