

SF WASHINGTON GIRLS BASKETBALL

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 <i>MANDATORY PLAYER/PARENT MEETING 7:00 PM @ WHS</i>	13	14
15	16	17	18 <i>Open Gym 3:15-4:30 PM Lift 4:30-5 PM</i>	19 <i>Open Gym 3:15-4:30 PM Lift 4:30-5 PM</i>	20	21
22 <i>All practices are PM unless noted. All practices are in the main gym unless noted. MINI=Mini Gym</i>	23 <i><u>1st DAY OF PRAC- TICE</u> Practice 6-7:30 AM ALL LEVELS Practice 3:15-5:30 PM 9th = Practice 4:15-6 PM</i>	24 <i>Practice 6-7:30 AM ALL LEVELS Practice 3:15-5:30 PM 9th = Practice 4:15-6 PM</i>	25 <i>NO SCHOOL Practice 10 AM—1 PM</i>	26 <i>NO SCHOOL Thanksgiving NO PRACTICE</i>	27 <i>NO SCHOOL Practice 10 AM—1 PM Fundraiser Starts!</i>	28 <i>Practice 10 AM—1 PM Lift 1-1:30 PM</i>
29 <i><u>LIFTING SES- SIONS LISTED ARE FOR VARSITY/JV/ SOPH TEAMS!!</u></i>	30 <i>Practice 3:15-5:30 Lift 5:30 –6 PM 9th = 6-7:30 AM</i>					

SF WASHINGTON GIRLS BASKETBALL

DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>V=Varsity</i> <i>JV=Junior Varsity</i> <i>10=Sophomore</i> <i>9A=Frosh A Team</i> <i>9B=Frosh B Team</i>	<i>All practices are PM unless noted. All practices are in the main gym unless noted. MINI=Mini Gym</i>	1 <i>Practice 3:15-5:30</i> <i>9th = 6-7:30 AM</i>	2 <i>Practice 3:15-5:30</i> <i>MINI</i> <i>Lift 5:30-6 PM</i> <i>9th = 6-7:30 AM</i> <i>MINI</i>	3 <i>Practice 3:15-5:30</i> <i>9th = 6-7:30 AM</i>	4 <i>Practice 3:15-5:30</i> <i>9th = 6-7:30 AM</i> <i>Fundrasier \$ Due at Start of Practice!!</i>	5
6 <u><i>LIFTING SESSIONS LISTED ARE FOR VARSITY/JV/SOPH TEAMS!!</i></u>	7 <i>Practice 3:15-5:00</i> <i>9th = 6-7:30 AM</i>	8 <i>SC East</i> <i>5:45/7:30 JV/V</i> <i>5:45 9A</i>	9 <i>Practice 3:15-5:30</i> <i>Lift 5:30-6 PM</i> <i>9th = 6-7:30 AM</i> <i>MINI</i>	10 <i>Practice 5:30-7 PM</i>	11 <i>Spearfish</i> <i>10/V</i> <i>4/6</i>	12 <i>Sturgis</i> <i>10/V</i> <i>10/12</i>
13	14 <i>Practice 3:15-5:00</i> <i>9th = 6-7:30 AM</i>	11 <i>Yankton</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	16 <i>Practice 3:15-5:30</i> <i>MINI</i> <i>9th = 6-7:30 AM</i> <i>MINI</i> <i>Lift 5:30-6 PM</i>	17 <i>Practice 3:15-5:00</i> <i>9th = 6-7:30 AM</i>	18 <i>Brookings</i> <i>JV/10/V</i> <i>4/5:45/7:30</i>	19 <i>Practice 10-11:30 AM MINI</i> <i>Lift 11:30-12:00 PM</i> <i>9th = 8-10 AM MINI</i>
20	21 <i>Practice 4-5:30 PM</i> <i>9th = 4:30-5:30 PM</i>	22 <i>LHS</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	23 <i>No Practice</i>	24 <i>No Practice</i>	25 <i>No Practice</i>	26 <i>No Practice</i>
27 <i>No Practice</i>	28 <i>Practice 6:00-7:30 PM</i> <i>9th = No Practice</i>	29 <i>Practice</i> <i>10 AM—12 PM</i> <i>Lift 12-12:30 PM</i> <i>9th = No Practice</i>	30 <i>Practice</i> <i>10 AM—12 PM</i> <i>9th = No Practice</i>	31 <i>Practice</i> <i>10 AM—12 PM</i> <i>Lift 12-12:30 PM</i>		

SF WASHINGTON GIRLS BASKETBALL

JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>V=Varsity JV=Junior Varsity 10=Sophomore 9A=Frosh A Team 9B=Frosh B Team</i>	<i>All practices are PM unless noted. All practices are in the main gym unless noted. MINI=Mini Gym</i>	<u>LIFTING SESSIONS LISTED ARE FOR VARSITY/JV/SOPH TEAMS!!</u>			1 <i>Practice 10 AM—12 PM</i>	2 <i>Practice 10 AM—12 PM</i>
3	4 <i>Practice 3:15-5:00 MINI 9th = 6-7:30 AM</i>	5 <i>@ Aberdeen Central JV/10/V 4/5:45/7:30 9A/9B 4/5:45 Depart 11:30 AM</i>	6 <i>Practice 3:15-5:30 Lift 5:30-6 PM 9th = 6-7:30 AM MINI</i>	7 <i>Practice 3:15-4:30 9th = 6-7:30 AM</i>	8 <i>@ RC Stevens JV/V 4:00/6:00 PM Depart 7:30 AM</i>	9 <i>@ RC Central JV/V 10 AM/12 PM</i>
10	11 <i>Practice 3:15-5:00 9th = 6-7:30 AM</i>	12 <i>@ SF Roosevelt JV/10/V 4/5:45/7:30 9A/9B 4/5:45</i>	13 <i>Practice 3:15-5:30 MINI 9th = 6-7:30 AM MINI</i>	14 <i>Practice 3:15-5:00 Lift 5-5:30 PM 9th = 4:15-6:00</i>	15 <i>Practice 3:15-5:30 9th = 6-7:30 AM</i>	16 <i>Practice 8-10 AM Lift 10-10:30 AM</i>
17	18 <i>NO SCHOOL Practice 10 AM-12 PM</i>	19 <i>@ Watertown JV/10/V 4/5:45/7:30 9A/9B 4/5:45 Depart 1:00 PM</i>	20 <i>Practice 4:00-5:30 Lift 5:30-6 PM 9th = 6-7:30 AM MINI</i>	21 <i>Practice 6-7:30 AM</i>	22 <i>@ SF Lincoln JV/10/V 4/5:45/7:30 9A/9B 4/5:45</i>	23
24	25 <i>Practice 3:15-5:00 Lift 5-5:30 PM 9th = 6-7:30 AM</i>	26 <i>Practice 3:15-5:00 9th = 6-7:30 AM</i>	27 <i>Practice 3:15-5:30 MINI 9th = 6-7:30 AM MINI</i>	28 <i>Practice 3:15-5:00 Lift 5-5:30 PM 9th @ RHS 9A/9B 6/7:30 PM</i>	29 <i>Practice 3:15-5:00 9th = 6-7:30 AM</i>	30
31						

SF WASHINGTON GIRLS BASKETBALL

FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>V=Varsity</i> <i>JV=Junior Varsity</i> <i>10=Sophomore</i> <i>9A=Frosh A Team</i> <i>9B=Frosh B Team</i>	1 <i>Practice 3:15-4:00</i> <i>9th = 6-7:30 AM</i>	2 <i>Practice 5-6:30 MINI</i> <i>Lift 6:30-7 PM</i> <i>9th = 6-7:30 AM</i>	3 <i>Practice 3:15-5:30</i> <i>9th = 6-7:30 AM</i> <i>MINI</i>	4 <i>@ SF O’Gorman</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	5 <i>Practice 3:15 –5</i> <i>9th = 4:15-5:15 MINI</i>	6 <i>Pierre</i> <i>JV/10/V</i> <i>1/2:45/4:30</i> <i>9A/9B 1/2:45</i>
7 <i>Practice 3-4 PM Var-</i> <i>sity Only</i>	8 <i>Practice 6-7:30 AM</i>	9 <i>@ Marshall</i> <i>JV/V</i> <i>5:45/7:30</i> <i>9A 5:45</i> <i>Depart 3:00 PM</i>	10 <i>Practice 4:00-5:30</i> <i>MINI</i> <i>Lift 5:30-6 PM</i> <i>9th = 6-7:00AM</i> <i>MINI</i>	11 <i>NO SCHOOL</i> <i>Practice 10 AM –12</i> <i>PM</i> <i>9th @ OG</i> <i>9A/9B 6/7:30 PM</i>	12 <i>NO SCHOOL</i> <i>@ Sturgis</i> <i>10/V</i> <i>4/6</i> <i>Depart 7:30 AM</i>	13 <i>@ Spearfish</i> <i>10/V</i> <i>10/12</i>
14 <i>All practices are PM</i> <i>unless noted. All</i> <i>practices are in the</i> <i>main gym unless</i> <i>noted. MINI=Mini</i> <i>Gym</i>	15 <i>NO SCHOOL</i> <i>Practice 10 AM– 12</i> <i>PM</i> <i>9th vs. LHS</i> <i>9A/9B 4/5:30 PM</i>	16 <i>Brandon Valley</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	17 <i>Practice 4:00-5:30</i> <i>Lift 5:30-6 PM</i> <i>9th = 6-7:30 AM</i> <i>MINI</i>	18 <i>Practice 3:15-5:30</i> <i>9th = 4:15-5:30</i>	19 <i>SF Roosevelt</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	20 <i>Practice 10 AM-12</i> <i>PM</i>
21 <u>LIFTING SES-</u> <u>SIONS LISTED ARE</u> <u>FOR VARSITY/JV/</u> <u>SOPH TEAMS!!</u>	22 <i>Practice 3:15-5</i> <i>9th = 6-7:30 AM</i>	23 <i>SF O’Gorman</i> <i>JV/10/V</i> <i>4/5:45/7:30</i> <i>9A/9B 4/5:45</i>	24 <i>No Practice</i>	25 <i>Practice 3:15-5</i> <i>Lift 5-5:30 PM</i> <i>9th = 6-7:30 AM</i>	26 <i>Practice 3:15-5</i> <i>9th = 6-7:30 AM</i>	27 <i>9th City Tourney @</i> <i>LHS—9 AM</i> <i>10th City Tourney @</i> <i>WHS—9 AM</i>
28 <i>Practice 3-5</i>						

SF WASHINGTON GIRLS BASKETBALL

MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>Districts 1st Rd</i> <i>Shootaround 3:15-4</i>	<i>2</i> <i>Practice 4-5:30</i>	<i>3</i> <i>Practice 3:15-4:30</i>	<i>4</i> <i>Districts 2nd Rd.</i> <i>Shootaround 3:15-4</i>	<i>5</i> <i>TBA</i>	<i>6</i> <i>Regions</i>
<i>7</i>	<i>8</i> <i>TBA</i>	<i>9</i> <i>TBA</i>	<i>10</i> <i>Depart for State</i> <i>Tourney in Huron</i>	<i>11</i> <i>State AA Tourney—</i> <i>Huron</i>	<i>12</i> <i>State AA Tourney—</i> <i>Huron</i>	<i>13</i> <i>State AA Tourney—</i> <i>Huron</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i> <i>GBB Banquet—6:00</i> <i>PM in Commons</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>			