

# SF WASHINGTON GIRLS BASKETBALL

## NOVEMBER 2011

| Sun   | Mon  | Tue  | Wed   | Thu   | Fri  | Sat   |
|---|--|--|---|---|--|---|
|   |  | 1  | 2   | 3   | 4  | 5   |
| 6   | 7<br><b>MANDATORY<br/>PLAYER/PARENT<br/>MEETING<br/>6:00 PM @ WHS</b>                        | 8  | 9   | 10  | 11   | 12  |
| 13  | 14   | 15   | 16<br><i>Open Gym<br/>3:15-4:15 PM<br/>Lift 4:15-4:45PM</i> | 17<br><i>Open Gym<br/>3:15-4:15 PM<br/>Lift 4:15-4:45PM</i> | 18   | 19  |
| 20<br><i>All practices are PM<br/>unless noted. All prac-<br/>tices are in the main<br/>gym unless noted.<br/>MINI=Mini Gym</i> | 21<br><b><u>1st DAY OF PRAC-<br/>TICE</u></b><br><i>Practice 3:15-6:00 PM<br/>ALL LEVELS</i> | 22<br><i>Practice 3:15-6:00 PM</i>                           | 23<br><i>NO SCHOOL<br/>Practice 8-11 AM</i>                 | 24<br><i>NO SCHOOL<br/>Thanksgiving<br/>NO PRACTICE</i>     | 25<br><i>NO SCHOOL<br/>Practice 4-7 PM<br/><br/><b><u>FUNDRAISER BE-<br/>GINS!</u></b></i> | 26<br><i>Practice<br/>10 AM-1 PM<br/>Lift 1-1:30 PM</i> |
| 27<br><b><u>LIFTING SESSIONS<br/>LISTED ARE FOR<br/>VARSITY/JV/SOPH<br/>TEAMS!!</u></b>   | 28<br><i>Practice<br/>3:15-5:30 PM<br/>Pizza Ranch Fund-<br/>raiser 5-8 PM</i>               | 29<br><i>Practice<br/>3:15-5:30 PM<br/>Lift 5:30-5:45 PM</i> | 30<br><i>Practice<br/>3:15-5:30 PM MINI</i>                 |   |  |   |

# SF WASHINGTON GIRLS BASKETBALL

## DECEMBER 2011

| Sun   | Mon   | Tue  | Wed  | Thu   | Fri  | Sat  |
|---|---|--|--|---|--|--|
| <i>V=Varsity</i><br><i>JV=Junior Varsity</i><br><i>10=Sophomore</i><br><i>9A=Frosh A Team</i><br><i>9B=Frosh B Team</i> | <i>All practices are PM unless noted. All practices are in the main gym unless noted.</i><br><i>MINI=Mini Gym</i> |  |  | <b>1</b><br><i>Practice</i><br><b>3:15-5:30</b><br><i>Lift 5:30-5:45 PM</i>                                     | <b>2</b><br><i>Practice</i><br><b>3:15-5:30</b><br><b><u>FUNDRAISER</u></b><br><b><u>SHEETS DUE!!</u></b>              | <b>3</b><br><i>Pictures and Practice</i><br><b>9-11:30 AM</b>    |
| <b>4</b><br><b><u>LIFTING SESSIONS LISTED ARE FOR VARSITY/JV/SOPH TEAMS!!</u></b>                                       | <b>5</b><br><i>Practice 3:15-4:30 PM</i><br><b>9th = 6-7:30 AM</b>  | <b>6</b><br><i>SC East (Parents Night)</i><br><b>5:45/7:30 JV/V</b><br><b>5:45 9A</b>      | <b>7</b><br><i>Practice 3:15-5:00 PM</i><br><b>9th = 6-7:30 AM</b>   | <b>8</b><br><i>Practice 5:30-7:15 PM</i><br><i>Lift 7:15-7:30 PM</i>  | <b>9</b><br><i>Practice 3:15-4:30</i>  | <b>10</b><br><i>Sturgis</i><br><b>10/V</b><br><b>10 AM/12 PM</b> |
| <b>11</b>   | <b>12</b><br><i>Practice 3:15-4:45 PM</i>   | <b>13</b><br><i>Yankton</i><br><i>JV/10/V</i><br><b>4/5:45/7:30</b><br><b>9A/9B 4/5:45</b> | <b>14</b><br><i>Practice 3:15-5:00 PM MINI</i><br><i>Lift 5:00-5:15 PM</i><br><b>9th = 6-7:30 AM</b><br><b><u>Fundraiser Delivery at 5:00 PM</u></b> | <b>15</b><br><i>Practice 3:15-4:45 PM</i>   | <b>16</b><br><i>@Brookings</i><br><i>JV/10/V</i><br><b>4/5:45/7:30</b><br><b>9A/9B 4/5:45</b><br><i>Depart 2:00 PM</i> | <b>17</b>  |
| <b>18</b>   | <b>19</b><br><i>Practice 5:30-7 PM</i><br><i>Lift 7-7:15 PM</i>   | <b>20</b><br><i>Practice 5:30-6:45 PM</i>  | <b>21</b><br><i>Practice 3:15-4:30 PM</i><br><b>9th = 3:15-4:45 PM</b><br><b>MINI</b>  | <b>22</b><br><i>@ LHS</i><br><i>JV/10/V</i><br><b>4/5:45/7:30</b><br><b>9A/9B 4/5:45</b>                        | <b>23</b><br><i>No Practice</i>  | <b>24</b><br><i>No Practice</i>                                  |
| <b>25</b>   | <b>26</b><br><i>No Practice</i><br><br><i>Shoot/cardio on your own!!</i>  | <b>27</b><br><i>Practice</i><br><b>10 AM-12 PM</b><br><i>Lift 12-12:15 PM</i>              | <b>28</b><br><i>Practice 10 AM-12 PM</i>   | <b>29</b><br><i>@ St. Olaf Classic vs. Eagan</i><br><i>JV/V</i><br><b>5:45/8:15 PM</b><br><i>Depart 8:30 AM</i> | <b>30</b><br><i>@ St. Olaf Classic vs. Eastview</i><br><i>JV/V</i><br><b>1:45/4:15 PM</b>                              | <b>31</b>  |

# SF WASHINGTON GIRLS BASKETBALL

## JANUARY 2012

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

# SF WASHINGTON GIRLS BASKETBALL

## FEBRUARY 2012

| Sun   | Mon   | Tue   | Wed   | Thu  | Fri  | Sat   |
|---|---|---|---|--|--|---|
| <i>V=Varsity</i><br><i>JV=Junior Varsity</i><br><i>10=Sophomore</i><br><i>9A=Frosh A Team</i><br><i>9B=Frosh B Team</i> | <i>All practices are PM unless noted. All practices are in the main gym unless noted.</i><br><i>MINI=Mini Gym</i> |   | <b>1</b><br><i>Practice 3:15-5:00 PM MINI</i><br><i>9th = 6-7:30 AM</i>                           | <b>2</b><br><i>@ OG</i><br><i>JV/10/V</i><br><i>4/5:45/7:30</i><br><i>9A/9B 4/5:45</i> | <b>3</b><br><i>Practice 3:15-4:30 PM</i><br><i>Lift 4:30-4:45 PM</i>                                       | <b>4</b>  |
| <b>5</b><br><u><i>LIFTING SESSIONS LISTED ARE FOR VARSITY/JV/SOPH TEAMS</i></u>   | <b>6</b><br><i>Practice 3:15-4:00 PM</i><br><i>9th = 6-7:30 AM</i>  | <b>7</b><br><i>Practice 3:15-5 PM MINI</i><br><i>Lift 5-5:15 PM</i><br><i>9th = 6-7:30 AM</i>     | <b>8</b><br><i>Practice 3:15-5 PM</i><br><i>9th = 6-7:30 AM</i>                                   | <b>9</b><br><i>@ RC Central</i><br><i>JV/V</i><br><i>4/6</i><br><i>Depart 7:30 AM</i>  | <b>10</b><br><i>@ RC Stevens</i><br><i>JV/V</i><br><i>4/6</i>  | <b>11</b><br><i>@ Sturgis</i><br><i>JV/V</i><br><i>10/12</i>  |
| <b>12</b>   | <b>13</b><br><i>Practice 3:15-4:45 PM</i><br><br><i>9th vs. LHS 6/7:30</i>  | <b>14</b><br><i>Brandon Valley</i><br><i>JV/10/V</i><br><i>4/5:45/7:30</i><br><i>9A/9B 4/5:45</i> | <b>15</b><br><i>Practice 3:15-5:00 PM MINI</i><br><i>Lift 5-5:15 PM</i><br><i>9th = 6-7:30 AM</i> | <b>16</b><br><i>NO SCHOOL</i><br><i>Practice 10-12</i>                                 | <b>17</b><br><i>NO SCHOOL</i><br><i>RHS</i><br><i>JV/10/V</i><br><i>4/5:45/7:30</i><br><i>9A/9B 4/5:45</i> | <b>18</b><br><i>Practice TBA</i>  |
| <b>19</b>   | <b>20</b><br><i>NO SCHOOL</i><br><i>Practice 10-12</i>  | <b>21</b><br><i>OG</i><br><i>JV/10/V</i><br><i>4/5:45/7:30</i><br><i>9A/9B 4/5:45</i>             | <b>22</b><br><i>Practice TBA</i>  | <b>23</b><br><i>Practice 3:15-5 PM</i>   | <b>24</b><br><i>Practice 3:15-5 PM</i>   | <b>25</b><br><i>Practice 1:30-3:00 PM</i><br><br><i>9th City Tourney @ RHS—9 AM</i><br><i>10th City Tourney @ OG—9 AM</i> |
| <b>26</b><br><i>Practice 1:30-3:00 PM</i>   | <b>27</b><br><i>Districts 1st Rd.</i><br><i>Shootaround 3:15-4 PM</i>   | <b>28</b><br><i>Practice 4-5:30 PM</i>  | <b>29</b><br><i>Practice 3:15-4:30 PM</i>   |  |  |   |

# SF WASHINGTON GIRLS BASKETBALL

## MARCH 2012

| Sun   | Mon   | Tue   | Wed  | Thu  | Fri   | Sat  |
|---|---|---|--|--|---|--|
| <i>V=Varsity<br/>JV=Junior Varsity<br/>10=Sophomore<br/>9A=Frosh A Team<br/>9B=Frosh B Team</i> | <i>All practices are PM unless noted. All practices are in the main gym unless noted.<br/>MINI=Mini Gym</i> | <u><b>LIFTING SESSIONS LISTED ARE FOR VARSITY/JV/SOPH TEAMS</b></u> |  | <b>1</b><br><i>Districts 2nd Rd. Shootaround 3:15-4 PM</i> | <b>2</b><br><i>Practice TBA</i>               | <b>3</b><br><i>Regions</i>                     |
| <b>4</b>  | <b>5</b><br><i>Practice TBA</i>   | <b>6</b><br><i>Practice TBA</i>                                     | <b>7</b><br><i>Depart for State Tourney in Brookings</i> | <b>8</b><br><i>State AA Tourney—Brookings</i>              | <b>9</b><br><i>State AA Tourney—Brookings</i> | <b>10</b><br><i>State AA Tourney—Brookings</i> |
| <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>  | <b>15</b>  | <b>16</b>                                     | <b>17</b>                                      |
| <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>  | <b>22</b><br><i>GBB Banquet—6:00 PM in Commons</i>         | <b>23</b>                                     | <b>24</b>                                      |
| <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>29</b>  | <b>30</b>                                     | <b>31</b>                                      |