

Rocky River Basketball

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Oct 30 Open Gym 6:00-8:00pm	Oct 31 Conditioning/ Weight Training 3:30-4:30pm	1 Open Gym 6:00-7:30pm	2 Conditioning/ Weight Training 3:30-4:30pm	3 First Day of Practice Practice 3:30-6pm	4 Practice 11-1pm
5	6 Practice 3:30-5:15pm Weight Room 5:15-6:00pm	7 Practice 6:00-8:30pm	8 Practice 3:30-5:15pm Weight Room 5:15-6:00pm	9 Practice 9:30-11:30am	10 Practice 3:30-5:30pm	11 Var: Scrimmage @ Independence 9am
12	13 Practice 3:30-5:15pm Weight Room 5:15-6:00pm	14 Practice 5:30-7:30pm	15 Var/JV: Scrimmage Bedford Home 4:30-6pm	16 Var: Lifting 5:00-5:30pm Film 5:30-6:00pm Practice 6:00-7:30pm	17 Practice 5:30-7:30pm	18 Var/JV: Scrimmage Universtiy/Chardon 1:00pm Freshman: @ University 1:00pm
19	20 Practice 3:30-5:15pm Weight Room 5:15-6:00pm	21 Var/JV Scrimmage @ Northwest 6:00pm	22 Practice 11-1pm	23 OFF	24 Practice 10am-12pm	25 OFF
26 Practice 6:00-8:30pm	27 Practice 3:30-5:15pm Weight Room 5:15-6:00pm	28 Var/Jv: Scrimmage CCA/Firelands 6:00pm	29 Practice 3:30-5:30pm	30 Practice 3:30-5:30pm		