

# Sprague Basketball

## Fall Workout Calendar (2022)

\* For more information visit our website: [SpragueMBB.com](http://SpragueMBB.com) \*Follow on Twitter/Instagram: @SpragueMBB \*Like on Facebook: @SpragueBasketball

### September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21 Boys Basketball Fall Workout Meeting (@ Lunch)	22	23 <b>Football vs. Roseburg</b>	24 Host OAB Tourney
25 - Host OAB Jr. OLY Skill Academy 1 (5-6:30 PM)  Boys Open Gym (6:30-8 PM)	26	27 <b>Volleyball vs. McNary</b>  Weight Room Workout (3:30-4:30 PM)	28 Boys Open Gym (6:30-8:30PM)	29 <b>Volleyball @ North Salem</b>  Weight Room Workout (3:30-4:30 PM)  Girls Open Gym (5-7 PM)	30 <b>Football @ South Medford</b>	10/1

### October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Jr. OLY Skill Academy 2 (5-6:30 PM)  Open Gym (6:30-8 PM)	3	4 <b>Volleyball vs. South Salem</b>  Weight Room Workout (3:30-4:30 PM)	5 Open Gym (6:30-8:30 PM)	6 <b>Volleyball vs. Westview</b>  Weight Room Workout (3:30-4:30 PM)	7 <b>Football vs. West Salem</b>	8 Host OAB Tourney
9 - Host OAB Jr. OLY Skill Academy 3 (5-6:30 PM)  Open Gym (6:30-8 PM)	10	11 <b>Volleyball vs. West Salem</b>  Weight Room Workout (3:30-4:30 PM)  Concessions	12 Open Gym (6:30-8:30 PM)	13 <b>Volleyball @ McNary</b>  <b>Football vs. North Salem</b>  Weight Room Workout (3:30-4:30 PM)	14 <b>NO SCHOOL</b>  <b>Coaches @ NIKE Coaches Clinic</b>	15

		(6:15 - 9:15 PM)				
<b>16</b> Jr. OLY Skill Academy 4 (5-6:30 PM)  Open Gym (6:30 - 8 PM)	<b>17</b> Jr. OLY Tryouts 1 (6:30-8:45 PM)	<b>18</b> <b>Volleyball vs. North Salem</b>  Weight Room Workout (3:30-4:30 PM)	<b>19</b>	<b>20</b> <b>Volleyball @ South Salem</b>  Jr. OLY Tryouts 2 (6:30-8:45 PM)	<b>21</b> <b>Football @ South Salem</b>	<b>22</b>
<b>23</b> Boys Open Gym (5-7 PM)	<b>24</b> Jr. OLY Tryouts 3 (6:30-8:45 PM)	<b>25</b> Jr. OLY Tryouts 4 (6:30-8:45 PM)	<b>26</b> <b>NO SCHOOL CONFERENCES</b>  <b>Volleyball 1st Round Playoffs</b>	<b>27</b> <b>NO SCHOOL CONFERENCES</b>	<b>28</b> <b>NO SCHOOL</b>  <b>Football vs. McNary</b>	<b>29</b> <b>COACH Meeting @ Coach Graneto's (6-7:30 PM)</b>  <b>VBALL 2nd Round</b>

**November 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10/30</b>	<b>10/31</b> <b>Winter Basketball Tryout Meeting (@ Lunch)</b>	<b>1</b> Boys Optional Practice 1 (6:30-8:30 PM)	<b>2</b> Boys Optional Practice 2 (6:30-8:30 PM)	<b>3</b> <b>OFF</b>  Boys Optional Practice 3 (If VBALL Does Not Have Practice) (3:45-5:45)	<b>4</b> <b>Football 1st Round Playoffs</b>  <b>Volleyball State Tourney</b>	<b>5</b> HOST OAB TOURNEY
<b>6</b> HOST OAB TOURNEY	<b>7</b> Boys Optional Practice 4 (3:45-5:45)  Girls Open Gym (6-8 PM)	<b>8</b> Boys Optional Practice 5 (3:45-5:45)  Girls Open Gym (6-8 PM)	<b>9</b> Boys Optional Practice 6 (3:45-5:45)  Jr. OLY Coaches Meeting (5:45-7:00 PM)	<b>10</b>	<b>11</b> <b>NO SCHOOL</b>  <b>Football 2nd Round Playoffs</b>	<b>12</b> HOST OAB TOURNEY
<b>13 - HOST OAB</b>	<b>14</b> Tryouts Day 1	<b>15</b> Tryouts Day 2	<b>16</b> Practice 1	<b>17</b> Practice 2	<b>18</b> Practice 3	<b>19</b> Practice 4

**Before Tryouts You NEED:**

**1.** Up to Date Physical

**2.** All basketball papers turned in to the main office