

Sprague Boys Basketball

Upcoming Dates Leading Up to Tryouts (2022-2023 Season)

* For more information visit our website: SpragueMBB.com

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* NOTE: Some changes were made to the original Fall workout calendar due to a number of different factors.

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/30 OFF	10/31 OFF	1 Optional Practice 1 (6:30-8:30 PM)	2 Optional Practice 2 Only 10th-12th Today (6:30-8:30 PM)	3 OFF	4 Football 1st Round Playoffs Optional Practice 3 (3:45-5:45 PM)	5 OFF
6 OFF	7 Optional Practice 4 (3:45 - 5:45 PM)	8 Optional Practice 5 (3:45 - 5:45 PM)	9 Optional Practice 6 (3:45 - 5:45 PM) Jr. Oly Coaches Clinic (6 - 7:30 PM)	10 OFF	11 OFF Football 2nd Round Playoffs	12 OFF
13 OFF	14 - Tryouts Day 1 10th-12th Boys Tryouts (6-8:15 PM) 9th Boys Tryouts (6:45-9 PM)	15 - Tryouts Day 2 10th-12th Boys Tryouts (6-8:15 PM) 9th Boys Tryouts (6:45--9 PM) * JV and Varsity Teams will be "set" by the end of the day. * 9th grade team will have 1st round of "cuts" today	16 Study Hall @ Lunch Varsity/JV Boys Practice (6-8:30 PM) Sign Up For Snap Raise (5:15-5:45 PM - Rm. 121) Frosh Tryouts (6:45-9 PM - Upper Gym) * The 9th Grade Team will be "set" by the end of the day.	17 Study Hall @ Lunch Boys Basketball Team Meeting in Room 121 (5-5:45 PM) All Teams Boys Practice (6-8:30 PM)	18 Snap Raise Meeting (5:30 PM - Lobby Outside Gym) All Teams Boys Practice (6-8:30 PM)	19 Jersey and Gear Handout Day (10 AM - Lobby By Gym) All Teams Boys Practice (11 AM - 1:30 PM) Varsity TOP GOLF Team Bonding (Afternoon - TBD)

Before Tryouts You NEED:

1. Up to Date Physical
2. All basketball papers turned in to the main office