

Sprague Basketball Fall Workout Calendar (2024)

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September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24 <i>Volleyball @ McNary</i>	25 Boys Basketball Fall Workout Meeting (@ Lunch)	26 <i>Volleyball vs. South Salem</i>	27 <i>Football vs. North Salem</i>	28
29 Jr. OLY Skill Academy 1 (4-5:30 PM) Open Gym (5:30-7 PM)	30 OFF	10/1 10th, 11th, 12th Skill Development and Conditioning Workout (6:30-8 PM)	10/2 <i>Volleyball @ North Salem</i> Open Gym (3:45-5:45 PM)	10/3 10th, 11th, 12th Skill Development and Conditioning Workout (6:30-8 PM)	10/4 <i>Football @ South Salem</i>	10/5 OFF

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Jr. OLY Skill Academy 2 (4-5:30 PM) Open Gym (5:30-7 PM)	7 OFF	8 <i>Volleyball vs. West Salem</i>	9 Open Gym (6:30-8:30 PM)	10 <i>Volleyball vs. McNary</i> <i>Football vs. South Medford</i>	11 - NO SCHOOL OFF	12 OFF
13 Jr. OLY Skill Academy 3 (4-5:30 PM) Open Gym (5:30-7 PM)	14 OFF	15 <i>Volleyball @ South Salem</i> 10th, 11th, 12th Skill Development and Conditioning Workout (3:45-5:15 PM)	16 Open Gym (6:30-8:30 PM)	17 <i>Volleyball vs. McNary</i>	18 <i>Football @ Grants Pass</i>	19 OFF

20 Open Gym (5:30-7 PM) * Coach Liudahl run open gym this day	21 Jr. OLY Tryouts @ PAC CC (5-8 PM)	22 <i>Volleyball vs. North Salem</i> Jr. OLY Tryouts @ PAC CC (5-8 PM)	23 - Conferences OFF	24 - NO SCHOOL <i>Volleyball @ West Salem</i> OFF	25 - NO SCHOOL <i>Football vs. South Salem</i>	26
27 Open Gym (5:30-7 PM)	28 Jr. OLY Tryouts @ PAC CC (5-8 PM)	29 Jr. OLY Tryouts @ PAC CC (5-8 PM)	30 Volleyball 1st Round Playoffs Winter Basketball Tryout Meeting (@ Lunch)	31 - Halloween OFF	11/1 NO SCHOOL <i>Football vs. Sheldon</i>	11/2 Pre-Season Coaches Meeting and Dinner (5-8 PM)

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 OFF	4 OFF	5 Optional Practice 1 (3:45-5:45 PM)	6 Optional Practice 2 (6:30-8:30 PM)	7 Optional Practice 3 (6:30-8:30 PM)	8 <i>Volleyball State Tourney</i> <i>1st Round Football Playoffs</i>	9 <i>Volleyball State Tourney</i>
10 OFF	11 - NO SCHOOL OFF	12 Optional Practice 4 (3:45-5:45 PM)	13 All City Choir Concert in the GYM OFF	14 Optional Practice 5 (3:45-5:45 PM) Jr. OLY Youth Basketball Coaches Clinic (6-7:30 PM)	15 <i>2nd Round Football Playoffs</i> Optional Practice 6 (3:45-5:45 PM)	16
17 OFF	18 Tryouts Day 1	19 Tryouts Day 2	20 Practice 1	21 Practice 2	22 Practice 3	23 Practice 4

Before Tryouts You NEED:

1. Up to Date Physical
2. All basketball registration papers filled out in "Family ID" on the Sprague Athletics Website