

Sprague Basketball Fall Workout Calendar (2023)

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September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21 Boys Basketball Fall Workout Meeting (@ Lunch)	22 Football @ Roseburg	23
24	25	26 Volleyball @ McNary Weight Room Workout (3:30-4:30 PM)	27 Open Gym (6:30-8:30PM)	28 Football vs. South Medford Weight Room Workout (3:30-4:30 PM)	29	30

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Jr. OLY Skill Academy 1 (5-6:30 PM) Open Gym (6:30-8:30 PM)	2	3 Volleyball @ South Salem Weight Room Workout (3:30-4:30 PM)	4 Open Gym (6:30-8:30 PM)	5 Volleyball vs. Westview Weight Room Workout (3:30-4:30 PM)	6 Football @ West Salem	7
8 Jr. OLY Skill Academy 2 (5-6:30 PM) Open Gym (6:30-8 PM)	9	10 Volleyball @ West Salem Weight Room Workout (3:30-4:30 PM)	11 Open Gym (6:30-8:30 PM)	12 Volleyball vs. McNary Weight Room Workout (3:30-4:30 PM)	13- NO SCHOOL Coaches @ NIKE Coaches Clinic Football @ North	14 - Host OAB

15 - Host OAB Jr. OLY Skill Academy 3 (5-6:30 PM) Open Gym (6:30 - 8 PM)	16 Jr. OLY Tryouts 1 (6:30-8:45 PM)	17 Volleyball @ North Jr. OLY Tryouts 2 (6:30-8:45 PM)	18	19 Volleyball vs. South Weight Room Workout (3:30-4:30 PM)	20 Football vs. South Salem	21
22 Boys Open Gym (5-7 PM)	23 Jr. OLY Tryouts 3 (6:30-8:45 PM)	24 Jr. OLY Tryouts 4 (6:30-8:45 PM)	25 Volleyball 1st Round Playoffs Winter Basketball Tryout Meeting (@ Lunch)	26 Weight Room Workout (3:30-4:30 PM)	27 NO SCHOOL Football @ McNary Coach Meet @ Coach Graneto's (6-8 PM)	28 - Host OAB

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/29 - Host OAB Boys Optional Practice 1 (5-7 PM)	10/30 Boys Optional Practice 2 (*If girls VBALL is not playing) (3:45-5:45 PM)	10/31	1 CONFERENCES	2 NO SCHOOL - CONFERENCES	3 - NO SCHOOL Football 1st Round Playoffs Volleyball State Tourney	4 - Host OAB
5 - Host OAB Boys Optional Practice 3 (5-7 PM)	6 Boys Optional Practice 4 (3:45-5:45)	7 Boys Optional Practice 5 (3:45-5:45)	8 Boys Optional Practice 6 (3:45-5:45)	9 Jr. OLY Coaches Meeting (6-7:30 PM)	10 NO SCHOOL Football 2nd Round Playoffs	11
12	13 Tryouts Day 1	14 Tryouts Day 2	15 Practice 1	16 Practice 2	17 Practice 3	18 Practice 4

Before Tryouts You NEED:

1. Up to Date Physical
2. All basketball papers turned in to the main office (Or submitted online)