

# TRAINING

| TIMES       | MONDAY                                                                | TUESDAY                                     | WEDNESDAY                                                              | THURSDAY                                                     | FRIDAY                                          |
|-------------|-----------------------------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------|
| 3:30 - 4:30 | Darnell 7th-8th Combo<br>Chase 4th-6th PG                             | Darnell 4th-7th PG<br>Chase 7th-9th Post    | Ross 4th-6th Combo                                                     | Darnell 4th-6th Combo                                        | Nick 4th-6th Combo<br>Ross 7th-12th Combo       |
| 4:30 - 6:00 | Darnell 6th-8th PG<br>5pm-6pm Jasen 6th-12 Shoot                      | Darnell 4th-6th Wing<br>LJ 6th-9th Shooting | Ross 4th-6th Shooting<br>Jasen 7th-12th Post<br>Chase 5th-8th Shooting | Chase 7th-12th Post<br>Darnell 6th-8th PG<br>LJ 4th-7th Wing | Nick 4th-6th Shooting<br>Ross 7th-12th Shooting |
| 6:00 - 7:30 | Darnell 7th-12th Shooting<br>Chase 4th-6th Post<br>Aaron 7th-8th Wing | LJ 7th-12 Combo<br>Chase 7th-12 Wing        | Ross 7th-12 Wing<br>Jasen 6th-8th Combo<br>LJ 4th-6th Wing             | Chase 4th-7th<br>Darnell 4th-6th PG<br>Ross 7th-12th Combo   | Nick 4th-6th Wing<br>Ross 7th-12th Wing         |
| 7:30 - 9:00 |                                                                       |                                             |                                                                        |                                                              |                                                 |

# MAIN COURT

| TIMES       | MONDAY                 | TUESDAY                                | WEDNESDAY         | THURSDAY                              | FRIDAY           |
|-------------|------------------------|----------------------------------------|-------------------|---------------------------------------|------------------|
| 3:30 - 4:30 |                        |                                        |                   |                                       |                  |
| 4:30 - 6:00 | 5TH BOYS - CHASE       | 7TH BOYS - CHASE                       |                   | 4TH BOYS - RON                        | 5TH GIRLS - ROSS |
| 6:00 - 7:30 |                        | 6TH BOYS - DARNELL<br>6TH BOYS - LENNY |                   | 6TH GIRLS - LJ<br>7TH GIRLS - DARNELL |                  |
| 7:30 - 9:00 | 8TH BOYS - AARON/BROWN |                                        | 8TH SWISH - JASEN | 7TH BOYS - AARON/LJ                   | 8TH BOYS - ROSS  |

# CLASSROOM COURT

| TIMES       | MONDAY                                                         | TUESDAY | WEDNESDAY                            | THURSDAY                             | FRIDAY |
|-------------|----------------------------------------------------------------|---------|--------------------------------------|--------------------------------------|--------|
| 3:30 - 4:30 |                                                                |         |                                      |                                      |        |
| 4:30 - 6:00 |                                                                |         | 6TH GIRLS - LJ<br>7TH BOYS - LJ      |                                      |        |
| 6:00 - 7:30 | 8TH BOYS - AARON<br>7TH BOYS - AARON                           |         | 7TH BOYS - CHASE<br>5TH BOYS - CHASE | 6TH BOYS - LENNY<br>8TH BOYS - BROWN |        |
| 7:30 - 9:00 | 8TH SWISH - JASEN<br>6TH BOYS - DARNELL<br>7TH GIRLS - DARNELL |         |                                      | 5TH GIRLS - ROSS<br>8TH BOYS - ROSS  |        |

# SUNDAY HS TRAINING

## TIMES

|          |                   |
|----------|-------------------|
| 9-10:30  | Keith HS Training |
| 10:30-12 | Keith HS Training |
| 12-1:30  | Keith HS Training |
| 1:30-3pm | Keith HS Training |