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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Oct. 29Open Gym 6 AM | Oct. 30Wt. & Conditioning | Oct. 31Open Gym 6 AM  | 1Wt. &Conditioning | 2 | 3 |
| 4 | 5Open Gym 6 AM | 6Wt. &Conditioning | 7 **BB Team MTG**3:30Parent MTG TBD Open Gym 6 AM  | 8Wt. &Conditioning | 9 | 10 |
| 11 | 12Practice Begins3:45 HS*Lift 6am or after* | 13Practice 5:45 HS | 14Practice3:45 HS *Lift 6am or after* | 15ElementaryTeam / IndividualFollowed by Practice 3:50 | 16Practice 3:45 HSWahoopsTourney | 17Practice10-Noon HSWahoopsTourney |
| 18WahoopsTourney | 19Practice 3:50 Elem.*Lift 6am or after* | 20Practice 3:45 HS | 21Practice5:45 AM HS*Lift after school* | 22**Happy****Thanksgiving!** | 23Practice10-Noon HS  | 24 Practice7:30-10 HS7:30-Practice,9-Scrimmage10-Brunch  |
| 25 | 26**CONCORDIA****Away****Hall of Fame****Game 6 :00****Leave @ 4:15***Lift 6am*  | 27Practice.5:30 HS | 28Practice3:45 HS*Lift 6am or after* | 29**BENNINGTON****Away****4:30 JV****6:00 Varsity****Leave @ 2:40** | 30**AURORA****HOME****4:30 JV****6:00 Varsity** |  |