

CBC 2016-2017 BASKETBALL SCHEDULE

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October 31 Freshman 3-4:30p B Team 4:30-6pm Varsity 5-7pm	1 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	2 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	3 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	4 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	5 Lower level practice 7-10am Varsity 10-12pm
6 OFF	7 Practice 10-12pm	8 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	9 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	10 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	11 Freshman 3-4:30pm B Team 4:30-6pm Varsity OFF	12 Lower level practice 7-10am Varsity 10-12pm
13 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	14 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	15 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	16 Freshman 3-4:15pm B Team 4:15-5:30pm Varsity 4:30-6pm Parent Meeting 6pm	17 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	18 Freshman 3-4:30pm B Team 4:30-6pm Varsity 5-7pm	19 OFF
20 Varsity – Yoga 2:30-3:30pm Varsity practice 4-6pm	21 Varsity 4-6pm	22 Varsity 1:30pm shootaround Leave for Springfield at 2:30pm	23 Varsity 12-2pm	24 Varsity 10-12pm	25 Varsity 1:30pm shootaround/Travel to Springfield	26 Varsity shootaround/Travel to Springfield
27 OFF	28 TBD for practice location	29 TBD for practice location	30 TBD for practice location	Notes: Study hall and weight training will be per Coach's decision		

CBC 2016-2017 BASKETBALL SCHEDULE

December 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: Study hall and weight training will be per Coach's decision				1 TBD for practice location	2 TBD for practice location	3 TBD for practice location
4 GAME	5 Varsity OFF (weights)	6 Varsity 5-7pm	7 Varsity 4:30-6pm	8 GAME	9 GAME	10 Varsity - OFF
11 Varsity – Yoga 1-2pm Varsity practice 2-3:30pm	12 Varsity 5-7pm	13 Varsity 4:30-6pm	14 Varsity 5-7pm	15 Varsity 5-7pm	16 GAME	17 GAME
18 Varsity – Yoga 1-2pm	19 Varsity 5:30am – 7:30am	20 Varsity 5:30am – 7:30am	21 Varsity 5:30am – 7:30am	22 GAME	23 OFF	24 Varsity 12-2pm
25 TBD	26 Coaches vs. Cancer Tournament	27 Coaches vs. Cancer Tournament	28 Coaches vs. Cancer Tournament	29 Coaches vs. Cancer Tournament	30 Coaches vs. Cancer Tournament	31 OFF

CBC 2016-2017 BASKETBALL SCHEDULE

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Varsity 4-5:30pm	3 Varsity 3-5pm	4 Varsity 5-7pm	5 Varsity 4:30-6pm	6 GAME	7 OFF
8 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	9 GAME	10 Film	11 GAME	12 Weight and Film	13 GAME	14 GAME
15 Varsity – Yoga 3-4pm Varsity practice 4:30-6pm	16 GAME	17 OFF	18 Varsity 5-7pm	19 Varsity 3-4:15pm	20 GAME	21 OFF
22 Varsity – Yoga 1-2pm Individual Workouts	23 Varsity 5-7pm	24 Varsity 3-4pm	25 Varsity 4:30-6pm	26 Varsity 3-5pm	27 Varsity 3-4pm	28 OFF
29 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	30 Varsity 5-7	31 Varsity 5-7	Notes: Study hall and weight training will be per Coach's decision			

CBC 2016-2017 BASKETBALL SCHEDULE

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Varsity 5-7pm	2 Varsity 5-7pm	3 GAME	4 OFF
5 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	6 Varsity 4:30-6pm	7 Varsity 4:30-6pm	8 Varsity 4:30-6pm	9 Varsity 4:30-6pm	10 GAME	11 OFF
12 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	13 GAME	14 Varsity 4:30-6pm	15 Varsity 4:30-6pm	16 Varsity 4:30-6pm	17 GAME	18 OFF
19 Varsity – Yoga 1-2pm Varsity practice 2:30-4:30pm	20 Varsity 4:30-6pm	21 GAME	22 Varsity 4-5:30pm	23 Varsity 4:30-6pm	24 GAME	25 OFF
26 Varsity – Yoga 1-2pm Varsity practice 2:30-4pm	27 Varsity 3-4:30pm	28 GAME	Notes: Study hall and weight training will be per Coach's decision			

CBC 2016-2017 BASKETBALL SCHEDULE

March 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 DISTRICTS	2 DISTRICTS	3 DISTRICTS	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Notes: Study hall and weight training will be per Coach's decision