

Varsity & J.V. Schedule

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All events at the High School unless noted. All events are mandatory. You should be on the court, ready to stretch by the start time. If you cannot make it due to being too sick or an emergency, you should message coach Kessler or Pysher on the Remind App.</p>			1	2	3	4
5	6	7	8	9	10	11
12	13	14 LVHN Student Wellness Presentation (Players only) 5:30-6:30 <i>(HS Theater)</i> Meet the Coach Night (Players & Parents) 6:45-7:45 <i>(HS Media Room)</i>	15	16	17 Tryouts 4:30-6:00	18 Tryouts 8:00-9:30 Team Breakfast 9:30-10:30 Uniform Handout/Team Meeting 10:30-11:50 Practice 12:00-2:15
19	20 Lifting 2:30-3:00 Practice 3:00-5:30	21 Practice 5:00-7:30	22 Practice 4:00-6:00	23	24 Practice 8:00-10:30	25 Pictures 8:00 Scrimmage at Nazareth vs. Nazareth & PM East 9:30 <i>(Depart @ 8:30)</i>
26	27 Practice 8:00-10:30	28 Scrimmage at Whitehall vs. Whitehall & Easton 5:45 <i>(Depart at 4:35)</i>	29 Lifting 2:30-3:00 Practice 3:00-5:30	30 Practice 4:00-6:00	*Subject to change.*	

Varsity & J.V. Schedule

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events at the High School unless noted. All events are mandatory. You should be on the court, ready to stretch by the start time. If you cannot make it due to being too sick or an emergency, you should message coach Kessler or Pysher on the Remind App.					1 Shoot Around 2:30-3:15 Game vs. Pleasant Valley 5:30/6:45	2 Practice 8:00-10:00
3	4 Lifting 2:30-3:00 Practice 3:00-5:00	5 Shoot Around @ Washington 3:45-4:30 Game @ Moravian 5:30/6:45 <i>(Depart @ 4:30)</i>	6 Lifting 3:30-4:00 Practice 4:00-6:00	7 Shoot Around 2:30-3:15 Game vs. Notre Dame 5:30/6:45	8 Lifting 3:30-4:00 Practice 4:00-6:00	9 Shoot Around 8:00-8:45 Game vs. Northampton 11:30/12:45
10	11 Shoot Around 2:30-3:15 Game vs. Catsauqua 5:30/6:45	12 Lifting 2:30-3:00 Practice 3:00-5:00	13 Practice @ Washington (V Only) 3:30-5:15	14 Shoot Around @ Washington 3:10-3:55 Game @ Palisades 5:30/6:45 <i>(Depart @ 3:55)</i>	15 Lifting 3:30-4:00 Practice 4:00-6:00	16 Shoot Around 8:00-8:45 Game vs. E.S. North 11:30/12:45 <i>*HOF Game*</i>
17	18 Shoot Around 2:30-3:15 Game vs. Saucon Valley 5:30/6:45	19 Practice @ Washington (V Only) 3:30-5:15	20 Shoot Around @ Washington 4:00-4:45 Game @ Pen Argyl 5:30/6:45 <i>(Depart @ 4:45)</i>	21 Christmas Book Reading (V Only) 8:30-2:00 Practice (V Only) 2:30-4:00	22 Lifting 2:30-4:00 Practice 4:00-5:15	23
24	25	26	27	28 Practice 8:00-10:00	29 Practice 8:00-10:00	30 Practice 8:00-10:00
31	*Subject to change.*					

Varsity & J.V. Schedule

January							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Subject to change.	1	2 Lifting 2:30-3:00 Practice 3:00-5:00	3 Lifting 3:30-4:00 Practice 4:00-6:00	4 Shoot Around 2:30-3:15 Game vs. Wilson 5:30/6:45	5 Shoot Around @ Washington 3:30-4:00 Game @ No. Lehigh 5:30/6:45 <i>(Depart @ 4:00)</i>	6 Practice 8:00-9:30	
7	8 Lifting 3:30-4:00 Practice 4:00-6:00	9 Shoot Around 2:30-3:15 Game vs. Northwestern 5:30/6:45	10 Lifting 2:30-3:00 Practice 3:00-5:00	11 Shoot Around @ Washington 3:30-4:00 Game @ Salisbury 5:30/6:45 <i>(Depart @ 4:00)</i>	12 Lifting 3:30-4:00 Practice 4:00-5:45	13 Practice @ Washington (V Only) 8:00-9:30	
14	15 Practice 8:00-10:00	16 Shoot Around @ HS 3:45-4:30 Game @ Notre Dame ES 5:30/6:45 <i>(Depart @ 4:30)</i>	17 Practice @ Washington (V Only) 3:30-5:15	18 Shoot Around @ Washington 3:30-4:05 Game @ So. Lehigh 5:30/6:45 <i>(Depart @ 4:05)</i>	19 Lifting 2:30-3:00 Practice 3:00-5:00	20 Shoot Around @ Washington 9:45-10:30 Game @ Wilson 11:30/12:45 <i>(Depart @ 10:30)</i>	
21	22 Practice @ Washington 3:30-5:15	23 Shoot Around 2:30-3:15 Game vs. Moravian 5:30/6:45 *Senior Night*	24 Lifting 2:30-3:00 Practice 3:00-5:00	25 Practice @ Washington (V Only) 3:30-5:15	26 Shoot Around @ Washington 3:45-4:30 Game @ Notre Dame 5:30/6:45 <i>(Depart @ 4:30)</i>	27 Practice 8:00-10:00	
28	29 Shoot Around 2:30-3:15 Game vs. Palmerton 5:30/6:45	30 Lifting 3:30-4:00 Practice 4:00-6:00	31 Shoot Around 2:30-3:15 Game vs. Palisades 5:30/6:45 *UMBT Night*	All events at the High School unless noted. All events are mandatory. You should be on the court, ready to stretch by the start time. If you cannot make it due to being too sick or an emergency, you should message coach Kessler or Pysher on the Remind App.			

Varsity & J.V. Schedule

Varsity & J.V. Schedule

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All events at the High School unless noted. All events are mandatory. You should be on the court, ready to stretch by the start time. If you cannot make it due to being too sick or an emergency, you should message coach Kessler or Pysher on the Remind App.</p>				1 Lifting 3:30-4:00 Practice 4:00-6:00	2 Lifting 2:30-3:00 Practice 3:00-5:00	3 Shoot Around @ Washington 9:20-10:05 Game @ Saucon Valley 11:30/12:45 (Depart @ 10:05)
4	5 Lifting 2:30-3:00 Practice 3:00-5:00	6 Shoot Around 2:30-3:15 Game vs. Pen Argyl 5:30/6:45	7 Practice @ Washington 3:30-5:15	8 Practice 4:00-6:00	9 Practice 3:00-5:00	10 Colonial League Quarter Finals Game
11	12 Practice	13 Practice	14 Colonial League Semi Finals Game	15 Practice	16 Colonial League Championship Game	17
18	19	20 Practice	21 Practice	22 Practice	23 District Quarter Finals Game	24 Practice
25	26 Practice	27 District Semi Finals Game	28 Practice	29 District Championship Game	*Subject to change.*	

Varsity & J.V. Schedule

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events at the High School unless noted.					1	2
You should be on the court, ready to stretch by the start time. If you cannot make it due to being too sick or an emergency, you should message coach Kessler on the Remind App.						
3	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