

# Capital Basketball May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 <i>(AP Testing all week)</i>	8 Skill Work/Open Gym 6-7:30	9	10 Skill Work/Open Gym 6-7:30	11 NPI Tourney 4-9pm <i>(We need guys to keep score! This is a fundraiser for our program!)</i>	12 NPI Tourney 8am-8pm <i>(We need guys to keep score! This is a fundraiser for our program!)</i>
13	14 <i>(AP Testing all week)</i> <b>Jake Lindsey Fundraiser Basketball Game-</b> 6:00pm Main Gym	15 <b>Parent Meeting (with Football)</b> 6:00pm in Cafeteria	16	17 Skill Work/Open Gym 6-7:30	18	19
20	21 Sports Physicals at Borah HS (5-8:30pm) <i>*All 9<sup>th</sup>/11<sup>th</sup> graders next year need an updated physical!</i>	22 Pre-Tryout Workouts Skill Work 6-7 Open Gym 7-8 (Main Gym)	23 <b>Summer Basketball Tryouts 6-8pm</b> (Main Gym)	24 Skill Work 6-7 Open Gym 7-8 <i>(Main Gym)</i> CHS Graduation -7pm	25 OFF	26
27	(No School) 28 MEMORIAL DAY OFF	<b><i>(Finals Week)</i></b> 29 OFF	<i>(½ Day of School)</i> 30 Practice for all teams 1-2:30 <b>Parent Meeting and Off-The-Field Presentation</b> 5:30-6:30 (Cafeteria)	<i>(½ Day of School)</i> 31 Practice for all teams 1-2:30	<i>(½ Day of School)</i> June 1 <sup>st</sup> Sophs at Borah Tourney JV/Varsity Practice 6:00-7:00pm	June 2 <sup>nd</sup> Varsity /JV Depart <u>early</u> morning for Border Classic ( <i>Spokane, WA</i> ) Sophs at Borah

**Sports Physicals on May 21<sup>st</sup> at Borah HS!**

**Pre-Tryout Workouts, Skill Work and Open Gyms are open to all players! Those planning on playing Summer Basketball should plan on attending.**

# Capital Tough

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Border Classic (Varsity/JV)	4 Off	5 <b>Scrimmage with Ridgevue (@ Capital)</b> JV @ 5:00pm Varsity & Sophs @ 6:00pm	6 Practice (All 3 teams) 5:00-6:30 Main Gym	7 <b>College of Idaho Tourney</b> (All 3 teams) (Games begin that afternoon) <b>Coaches &amp; Athletes Leadership Workshop</b> Coaches from 4:00 to 6:30p Dinner 6:30 to 7:00 pm Athletes and Coaches 7:00 to 8:00 pm	8 <b>College of Idaho Tourney</b> (All 3 teams) <i>(three games, starting in the morning)</i>	9 <b>College of Idaho Tourney</b> (All 3 teams) (2 games, finishing in the afternoon)
10	11 Capital Basketball Camp (3 <sup>rd</sup> -8 <sup>th</sup> Grades)  Open Gym 3:00-4:00	12 Capital Basketball Camp (3 <sup>rd</sup> -8 <sup>th</sup> Grades)  Open Gym 3:00-3:30 <i>(Girls Summer League @ Capital)</i>	13 Capital Basketball Camp (3 <sup>rd</sup> -8 <sup>th</sup> Grades)  Practice (All 3 teams) 3:30-4:30	14 Capital Basketball Camp (3 <sup>rd</sup> -8 <sup>th</sup> Grades) <b>Rocky Mountain Tourney</b> (Varsity/JV/Sophs) (Games begin that afternoon)	15 <b>Rocky Mountain Tourney</b> (Varsity/JV/Sophs) <i>(three games, starting in the morning)</i>	16 <b>Rocky Mountain Tourney</b> (Varsity/JV/Sophs) (2 games, finishing in the afternoon)
17	18 Skill Work 6-7 Open Gym 7-8	19 <b>Mini-Tourney at Cole Valley HS</b> (all 3 teams, Games in the evening)	20 Skill Work 6-7 Open Gym 7-8	21 Skill Work 6-7 Open Gym 7-8	22 OFF	23 OFF
24 <i>(No gym due to HSB Camps)</i>	25 <i>(No gym due to HSB Camps)</i> OFF	26 <i>(No gym due to HSB Camps)</i> Skill Work 6-7 Open Gym 7-8	27 <i>(No gym due to HSB Camps)</i> Skill Work 6-7 Open Gym 7-8	28 <i>(No gym due to HSB Camps)</i> Practice 6:00-7:30	29 <b>Oregon Team Camp</b> <i>(Depart Early Morning)</i>	30 <b>Oregon Team Camp</b> (thru July 1 <sup>st</sup> ) <i>(Return Sun night)</i>

**All Open Gyms and Skill Work sessions available to everyone!**

**If you are playing in the tournaments, you need to be at practice! Please communicate with your coach(es) if you have a conflict.**

# Capital Tough