

HOPEWELL-LOUDON HIGH SCHOOL

CHIEFTAIN PRIDE BASKETBALL

Head Coach Roger Jury

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Here is the October schedule for fall basketball non-mandatory opportunities for any boys (grades 7-12) interested in playing basketball this year:

Monday – weights 3-4:30; short day! (youth drills)

*** off October 8- no school- students

Tuesday - open gym/conditioning 3-4:45 @ Chieftain gym

(possible Scarlet or Gray gyms as volleyball concludes - later October)

Wednesday – weights 3-4:30; open shooting 6:45-7:30 am

Thursday – weights 3-4:45; **be prepared to condition outside** after or before lifting - possible shooting, open gym, 4-man drills (appt) 4-5:30 @ Chieftain gym

*lift first!

Fridays – conditioning and/or shooting, open gym, 3-4:45 @ Scarlet or Chieftain;

*4-man workouts via appt - 6:45-7:30 am

Sat/Sun – off – drills/shooting/AAU/etc. on our own

- * There are some area evening open gyms – see Coach Jury
- * Inclement weather brings conditioning inside or cancels; outside events may move inside based on gym availability (volleyball)
- * Team shoe/shooting shirt/etc. information and fliers have been dispersed and are available online - due online by October 15 (first round orders)
- * Evening OG may begin mid-October (add golf/cross country)
- * Listen/watch announcements for updates, etc.
- * AM shooting - TBA, 4-man drills via appt.- see above