



HOPEWELL-LOUDON HIGH SCHOOL CHIEFTAIN PRIDE BASKETBALL

Head Coach Roger Jury

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

Monday – weights 3-4:40; may condition outside briefly

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

Wednesday – weights 3-4:30; may condition outside briefly

Thursday – weights 3-4:30; may condition outside briefly - possible shooting, open gym, 4-man drills (appt) 4-5:30 @ Chieftain gym *lift first!

Fridays – conditioning outside and/or shooting, open gym, 3-4:45 @ Sc or Chief;
*4-man workouts via appt - 6:45-7:30 am (will be am shooting in Oct)

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 the event
- * Team shoe/shooting shirt/etc. information and fliers will be available soon
- * October schedule may add items but will be similar
- * Evening OG may begin the last week of September or in October
- * Listen/watch announcements for updates, etc.
- * TBA's will soon be clarified as gym schedules become final for this month