

Gr. 9 OFFSEASON TRAINING - Fall 2023

(Due to space constraints and participation, we split into groups. Please attend the session with your designated level for the fall)
Group 1 = Var Returners / Group 2 = Sub Varsity

DATE	Everyone	Group 2
Tuesday, August 22	4:30-6:15 pm Weight Room	-----
Thursday, August 24	Split Groups	4:30-6:15 pm Belmont Ridge Gym
Monday, August 28	Split Groups	7:00-9:00 pm Riverside Aux Gym
Tuesday, August 29	4:30-6:15 pm Weight Room	-----
Tuesday, September 5	4:30-6:15 pm Weight Room	-----
Thursday, September 7	Split Groups	7-8:30 AM Riverside Main Gym
Tuesday, September 12	4:30-6:15 pm Weight Room	-----
Thursday, September 14	Split Groups	7-8:30 AM Riverside Main Gym
Saturday, September 16	Split Groups	8-9:30 AM Riverside Main Gym
Monday, September 18	Split Groups	4:30-6:15 pm Belmont Ridge Gym
Tuesday, September 19	4:30 - 6:15 pm Weight Room / Gyms	-----
Thursday, September 21	4:30-6:30 pm Main Gym	Rotate Main & Weight Room
Tuesday, September 26	4:30-6:15 pm Weight Room	-----
Thursday, September 28	Split Groups	7-8:30 AM Riverside Main Gym
Monday, October 2	Split Groups	4:30-6:15 pm Belmont Ridge Gym
Tuesday, October 3	4:30-6:15 pm Weight Room	-----
Thursday, October 5 *** Tentative	4:30-6:15 pm Weight Room	-----
Tuesday, October 10	4:30-6:15 pm Weight Room	-----
Thursday, October 12	Split Groups	7-9 PM Riverside Main Gym
Sat/Sun, Oct 14-15	Host PRCS Riverside Fall Shootout	8 AM - 8 PM Sat 9 AM - 5 pm Sun
Monday, October 16	Split Groups	4:30-6:15 pm Belmont Ridge Gym
Tuesday, October 17	4:30-6:15 pm	-----

	Weight Room	
Thursday, October 19	Split Groups	Gr. 9 at 7:00-8:30 pm Riverside AUX Gym
Monday, October 23	Split Groups	Gr. 9 at 7-8:30 PM Riverside AUX Gym
Thursday, October 26	Split Groups	7-8:30 AM Riverside Main Gym

Please Note:

Athletic forms required!

*Players must attend practices regularly in order to be considered for the Fall ShootOut events.

Try-Outs:

*Try-Outs are November 6, 7, & 8

*Players trying out for the basketball program make a commitment to their team and the program. RVHS Basketball events take priority over any other sport or non-class related requirements. We practice over vacations and Holidays including Thanksgiving Break, Winter Break, MLK & Presidents Days.

*Participating in off-season events helps prepare players for try-outs. Making the team or certain level is not guaranteed.

Holidays:

Practices & games occur over the Holidays. Family Vacations are not excused absences. Please plan accordingly. At this time, this is what we can foresee as days off over the Holidays: Previously arranged plans are not considered excused absences & other outside sports teams must come second to a school team when inseason.

Thanksgiving Holiday Week: Freshmen are OFF Wednesday thru Friday but return Saturday afternoon.

December Holidays:

Freshmen team will be off 12/22 thru 12/27; practice resumes 12/28