

October 2018



Seymour Basketball
2016-2017

"Failure to prepare is preparing to fail."
—John Wooden

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Practice 6 AM—8 AM	3	4 Practice 6 AM—8 AM	5	6
7	8	9 Practice 6 AM—8 AM	10	11 Practice 6 AM—8 AM	12	13
14	15 Conditioning 3:45-5:00 PM	16 Practice 6 AM—8 AM	17 Conditioning 3:45-5:00 PM	18 Practice 6 AM—8 AM	19 Conditioning 3:45-5:00 PM	20
21	22 Conditioning 3:45-5:00 PM	23 Practice 6 AM—8 AM	24 Conditioning 3:45-5:00 PM	25 Practice 6 AM—8 AM	26 Conditioning 3:45-5:00 PM	27
28	29 Conditioning 3:45-5:00 PM	30 Practice 6 AM—8 AM	31 Conditioning 3:45-5:00 PM	1 Practice 6 AM—8 AM	2 Conditioning 3:45-5:00 PM	3