

# September 2018



Seymour Basketball  
2016-2017

"Mental toughness is to physical toughness as 4 is to 1."

—Bobby Knight

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