

CNEC Girls Basketball Fall Workouts

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 5-7 CN SMALL	7 630-730AM CN SMALL 3-5 CN LARGE	8 630-730AM CN SMALL 3-430 CN SMALL	9
10	11 630-730AM CN SMALL 5-7 CN LARGE	12 630-730AM CN SMALL	13 3-5 CN LARGE	14 630-730AM CN SMALL	15 3-430 CN SMALL	16
17	18 630-730AM CN SMALL 5-7 CN LARGE	19 630-730AM CN SMALL	20 5-7 CN LARGE	21 630-730AM CN SMALL	22	23
24	25 630-730AM CN SMALL 5-7 CN LARGE	26 630-730AM CN SMALL 3-5 CN LARGE	27 5-7 CN LARGE	28 630-730AM CN SMALL 3-5 CN SMALL	29	30

CNEC Girls Basketball Fall Workouts

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 630-730AM CN SMALL 5-7 CN LARGE	3 630-730AM CN SMALL	4 5-7 CN LARGE	5 630-730AM CN SMALL 3-5 CN LARGE	6	7
8	9 630-730AM CN SMALL 5-7 CN LARGE	10 630-730AM CN SMALL	11 5-7 CN LARGE	12 630-730AM CN SMALL 3-5 CN SMALL	13	14 FCC VARSITY TOURNAMENT
15	16 DEAD WEEK	17 DEAD WEEK	18 DEAD WEEK	19 DEAD WEEK	20 DEAD WEEK	21
22	23 DEAD WEEK	24 DEAD WEEK	25 DEAD WEEK	26 DEAD WEEK	27 DEAD WEEK	28
29	30 FIRST DAY OF PRACTICE	31				