

# November

2020

## SEHS Girls Basketball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Girls Basketball Meeting @ 3:45	4	5	6	7
8	9 Conditioning - 6:00 PM	10 Conditioning - 6:00 AM	11 Conditioning - 4:00 PM	12 Conditioning - 6:00 AM	13 Conditioning - 6:00 PM	14
15	16 Practice @ 3:45-5:30 PM Lifting @ 5:30 PM	17 Practice @ 3:45-5:30 PM	18 Practice @ 3:45-5:30 PM Lifting @ 5:30 PM	19 Practice @ 3:45-5:30 PM	20 Practice @ 3:45-5:30 PM Lifting @ 5:30 PM	21
22	23 Lifting @ 4:30 PM Practice @ 5:30-7:00 PM	24 Lifting @ 4:30 PM Practice @ 5:30-7:00 PM	25 Practice @ Noon-2	26 NO PRACTICE THANKSGIVING	27 NO PRACTICE THANKSGIVING	28
29	30 Practice @ 5:30-7:00 PM					

# December

2020

## SEHS Girls Basketball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice @ 3:45-5:30 PM Lift @ 5:30 PM	2 Practice @ 3:45-5:15 PM	3 @ Osceola – 6 PM Leave @ 3:00 PM	4 @ Neb Christian – 6 PM Leave @ 3:00 PM	5
6	7 Practice @ 5:30-7:00 PM Lift @ 4:30	8 Vs. Neb Lutheran Be @ School by 4:30	9 Practice @ 5:15-6:30 PM Lift @ 4:30	10 Practice @ 5:30-7:00 PM	11 @ Palmer – 6 PM Leave @ 4:15 PM	12 Vs. Madison – 5 PM Be @ School by 3:30 PM
13	14 Practice @ 3:45-5:30 Lift @ 5:30	15 Vs. Winside – 5:30 PM Be @ School by 4:00 PM	16 Practice @ 3:45-5:15 PM Lift @ 5:15	17 Practice @ 3:45-5:30	18 Vs. Burwell – 6 PM Be @ School by 4:30 PM	19
20	21 Practice @ 3:00-5:00 PM Lift @ 2:00 PM	22 Practice @ 3:00-5:00 PM Lift @ 2:00 PM	23 NO PRACTICE MORATORIUM	24 NO PRACTICE MORATORIUM	25 NO PRACTICE MORATORIUM	26
27	28 @ Verdigre Holiday Tournament – TBD Walkthrough - TBD	29 @ Verdigre Holiday Tournament – TBD Walkthrough – TBD	30 Practice @ 10-Noon	31 Practice @ 10-Noon		

# January

2021

## SEHS Girls Basketball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO PRACTICE	2
3	4 Practice @ TBD	5 @ Elba – 6:00 PM Leave @ 3:00	6 Practice @ 3:45-5:15 Lift @ 5:30	7 Practice @ 3:45-5:30	8 @ Santee – 5:30 PM Leave @ 2:00 PM	9 Film and Walkthrough @ 3:30 Vs. High Plains – 6:00PM
10	11 Practice @ 5:30-7:00	12 Practice @ 5:30-7:00 Lift @ 4:30	13 Practice @ 5:15-6:30	14 Vs. Heart. Luth – 6 PM Be @ school by 4:30 PM	15 Practice @ 5:30-7:00	16 GRC Tournament @ TBD
17	18 Practice @ 3:45-5:30	19 GRC Tournament OR Practice @ 3:45-5:30	20 Practice @ 3:45-5:15	21 Practice @ 3:45-5:30	22 GRC Tournament OR Practice @ 3:45-5:30	23 GRC Tournament 3 <sup>rd</sup> Place/Championship
24	25 Practice @ 5:30-7:00	26 Vs. HSF – 6:00 PM Be @ school by 4:30	27 Practice @ 5:15-6:30	28 Practice @ 5:30-7:00 Lift @ 4:30	29 Practice @ 5:30-7:00	30
31						

# February

**2021**

## SEHS Girls Basketball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:45-5:30	2 @ Riverside – 6:00 PM Leave @ 3:30	3 Practice 3:45-5:15	4 Vs. Central Valley – 6:00 Be at school by 4:30	5 @ Cedar Bluffs – 6:00 Leave @ 2:00	6
7	8 Practice 5:30-7:00	9 @ Fullerton – 6:00 PM Leave @ 3:15	10 Practice 5:15-6:30	11 Practice 1:30-3:00	12 @ Spalding Acad 6:00 Leave @ 4:15	13
14	15 Subdistricts – TBD	16 Subdistricts – TBD	17 Practice TBD	18 Subdistricts – TBD	19 Practice TBD	20
21	22 Practice TBD	23 Practice TBD	24 Practice TBD	25 Practice TBD	26 District Finals - TBD	27
28	March 1 Practice TBD	March 2 Practice TBD	March 3 Practice TBD	March 4 Girls State Tournament	March 5 Girls State Tournament	March 6 Girls State Tournament