

**November 2023**

	<b>November 2023</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
	Practice (V / JV) 6:30 – 7:30 AM  Practice (V / JV) 5:15 – 7:15 PM	Practice (V / JV) 6:30 – 7:30 AM  Practice (V / JV) 5:15 – 7:15 PM	Practice (V / JV) 10:00 – 12:00 PM  <b>Weight Lifting</b> <b>9:15 – 10:00 AM</b>	NO PRACTICE	Practice (V / JV) 10:00 – 12:00 PM	Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>	
26	27	28	29	30			
NO PRACTICE	Practice (V / JV) 5:15 – 7:15 PM	Practice (V / JV) 6:00 – 7:30 AM <i>Girls Home</i> <b>Weight Lifting</b> <b>3:15 – 4:00 PM</b>	Practice (V / JV) 4:30 – 6:00 PM	vs. Holmen (WI) La Crescent, MN			

## December 2023

December 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Practice (V / JV) 5:15 – 7:15 PM	Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> 9:00 – 9:45 AM
3	4	5	6	7	8	9
NO PRACTICE	Practice (V / JV) 7:00 – 9:00 PM	vs. Cotter La Crescent, MN	Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> 3:45 – 4:30 PM	Team Pictures Practice (V / JV) 5:15 – 7:00 PM	Practice (V / JV) 5:00 – 7:00 PM	Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> 9:00 – 9:45 AM
10	11	12	13	14	15	16
NO PRACTICE	Practice (V / JV) 5:15 – 7:15 PM	at Fillmore Central Preston, MN	Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> 3:45 – 4:30 PM	vs. Spring Grove La Crescent, MN	vs. Rushford- Peterson La Crescent, MN	Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> 9:00 – 9:45 AM
17	18	19	20	21	22	23
NO PRACTICE	vs. Winona Senior La Crescent, MN	vs. Aquinas (WI) La Crescent, MN	Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> 3:45 – 4:30 PM	vs. Lewiston-Altura La Crescent, MN	NO PRACTICE	NO PRACTICE
24 & 31	25	26	27	28	29	30
NO PRACTICE	NO PRACTICE	Practice (V / JV) 10:00 – 12:00 PM  <b>Weight Lifting</b> 9:15 – 10:00 AM	Practice (V / JV) 10:00 – 12:00 PM	vs. TBD Saint Charles Holiday Tournament Saint Charles, MN	vs. TBD Saint Charles Holiday Tournament Saint Charles, MN	Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> 9:00 – 9:45 AM

## January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	NO PRACTICE	Practice (V / JV) 5:15 – 7:00 PM	Practice (V / JV) 4:30 – 6:00 PM  <i>Weight Lifting</i> 3:45 – 4:30 PM	at Saint Charles Saint Charles, MN	Practice (V / JV) 3:15 – 4:00 PM <i>Girls Home</i> <i>Weight Lifting</i> 4:00 – 4:45 PM	vs. Cannon Falls Southern MN Hoops Fest Hayfield, MN
7	8	9	10	11	12	13
NO PRACTICE	at Lourdes Rochester, MN	NO PRACTICE SNOW DAY	Practice (V / JV) 4:30 – 6:00 PM  <i>Weight Lifting</i> 3:45 – 4:30 PM	vs. Chatfield La Crescent, MN	Practice (V / JV) 6:30 – 8:00 PM	Practice (V / JV) 10:00 – 11:30 AM <i>Elementary School</i> <i>Weight Lifting</i> 9:00 – 9:45 AM
14	15	16	17	18	19	20
NO PRACTICE	at Wabasha-Kellogg Wabasha, MN	Practice (V / JV) 5:15 – 7:00 PM	Practice (V / JV) 4:30 – 6:00 PM  <i>Weight Lifting</i> 3:45 – 4:30 PM	vs. PEM La Crescent, MN	Practice (V / JV) 10:00 – 11:30 AM <i>No School</i>	vs. Zumbrota- Mazeppa HVL-TRC Showdown Rochester, MN
21	22	23	24	25	26	27
NO PRACTICE	at Dover-Eyota Eyota, MN	Practice (V / JV) 6:30 – 7:30 AM <i>Shooting Workout</i> <i>Wrestling Home</i>	Practice (V / JV) 4:30 – 6:00 PM  <i>Weight Lifting</i> 3:45 – 4:30 PM	vs. Caledonia La Crescent, MN	Practice (V / JV) 6:30 – 8:00 PM	Practice (V / JV) 10:00 – 11:30 AM <i>Elementary School</i> <i>Weight Lifting</i> 9:00 – 9:45 AM
28	29	30	31			
NO PRACTICE	Practice (V / JV) 3:15 – 4:45 PM <i>Girls Home</i>	Practice (V / JV) 6:30 – 8:00 PM	Practice (V / JV) 4:30 – 6:00 PM  <i>Weight Lifting</i> 3:45 – 4:30 PM			

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Practice (V / JV) 6:30 – 7:30 AM <i>Shooting Workout</i> <i>Wrestling Home</i>	2  Practice (V / JV) 6:30 – 8:00 PM	3  Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>
4  NO PRACTICE	5  vs. Waukon (IA) La Crescent, MN	6  at Lewiston-Altura Lewiston, MN	7  Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> <b>3:45 – 4:30 PM</b>	8  at Cotter Winona, MN	9  Practice (V / JV) 3:15 – 4:45 PM <i>Girls Home</i>	10  Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>
11  NO PRACTICE	12  at Lake City Lake City, MN	13  vs. Fillmore Central La Crescent, MN	14  Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> <b>3:45 – 4:30 PM</b>	15  at Rushford- Peterson Rushford, MN	16  Practice (V / JV) 10:00 – 11:30 AM <i>No School</i> <i>Girls Home</i>	17  Practice (V / JV) 10:00 – 11:30 AM <i>Elementary School</i> <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>
18  NO PRACTICE	19  Practice (V / JV) 5:15 – 7:00 PM <i>No School</i>	20  at Caledonia Caledonia, MN	21  Practice (V / JV) 4:30 – 6:00 PM  <b>Weight Lifting</b> <b>3:45 – 4:30 PM</b>	22  Practice (V / JV) 5:15 – 7:00 PM	23  Practice (V / JV) 5:15 – 7:00 PM	24  Practice (V / JV) 9:45 – 11:15 AM  <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>
25  NO PRACTICE	26  Practice (V) 5:00 – 6:45 PM	27  Practice (V) 5:00 – 6:45 PM  <b>Weight Lifting</b> <b>4:15 – 5:00 PM</b>	28  Practice (V) 3:00 – 4:30 PM	29  Subsection Tournament High Seed Hosts		

## March 2024

	<b>March 2024</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
					1  Practice (V) 5:00 – 6:45 PM	2  Practice (V) 9:45 – 11:15 AM  <b>Weight Lifting</b> <b>9:00 – 9:45 AM</b>	
3  NO PRACTICE	4  Subsection Tournament Mayo Civic Center / Practice	5  Subsection Tournament Mayo Civic Center / Practice	6  Practice (V / JV) 3:15 – 4:45 PM  <b>Weight Lifting</b> <b>2:30 – 3:15 PM</b>	7  Practice (V) 5:00 – 6:45 PM	8  Practice (V) 5:00 – 6:45 PM	9  Subsection Tournament Mayo Civic Center	
10  NO PRACTICE	11  Practice (V) 5:00 – 6:45 PM	12  Practice (V) 5:00 – 6:45 PM  <b>Weight Lifting</b> <b>4:15 – 5:00 PM</b>	13  Practice (V / JV) 3:15 – 4:45 PM	14  Subsection Tournament Mayo Civic Center	15	16	
17  NO PRACTICE	18	19	20	21	22	23	
24 & 31  NO PRACTICE	25	26	27	28	29	30	