







Nov/Dec 2009







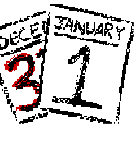



**LZ Girls Basketball
Practice Schedule**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov 2 FS 3:30-6 Main V 3:30-6 Tonelli	3 FS 3:30-6 FH V 3:30-6 Main	4 FS 3:30-6 Main V 6-8:30 FH Varsity Tryouts End	5 FS 3:30-6 FH V 3:30-6 Main FS Tryouts End	6 FS 3:30-6 Main V 3:30-6 Tonelli	7 FS 9am-Noon Main V 9am-4pm Tonelli V Uniforms
8 	9 FS 3:30-6 Main FS Uniforms V 3:30-5:30 Ton	10 FS 7-9pm Main V 7-9pm Ton	11 – No School FS 9am-Noon Main V 9am-10pm Tonelli V Team Activity???	12 FS 3:30-6 FH V 3:30-7 FH Parent Meeting 7pm Picture Day	13 FSV 3:30-6 FH	14 FS 9am-Noon Main V 9am-10pm Ton V Team Activity???
15 	16 FSV 3:30-6 FH V Team Dinner at ???	17 V 3:30-6 Main FS 6-8 FH	18 FSV 3:30-6 FH	19 FSV 7-9pm FH	20 At Dundee Crown Tournament All Levels vs. Cary- Grove, 7pm	21 At Dundee Crown Tournament All Levels vs. South Elgin, 4pm V 12-2pm Main
22 V 6-8pm Main	23 At Home (DC Tournament) All Levels vs. McHenry, 7:30pm	24 At Dundee Crown Tournament All Levels vs. Jacobs, 8:30pm	25 – No School Off Day	26 – No School Thanksgiving Day 	27 – No School All Levels – <u>Optional</u> Shoot-around 10am- Noon FH	28 FSV 11am-2pm FH
29 	Nov 30 FS 3:30-5:30 Main V 3:30-6 Ton V Team Dinner at ???	Dec 1 Mundelein Home All Levels 5:30/7pm	2 FS 3:30-6 M V 6-8 FH	3 FSV 3:30-6 FH	4 FSV 3:30-5 FH	5 At Libertyville All Levels 1/2:30pm V 11am-1pm Main
6 	7 At Fremd (Sweet 16) All Levels 5:30/7pm	8 FSV 3:30-6 FH	9 FSV 3:30-5:30 FH	10 V 3:30-5:30 Main FS 5-6:45 Main	11 Boys/Girls Program Night - Antioch Home, All Levels V 6:30pm, S 5pm FA 6pm, FB 7pm	12 At Deerfield All Levels 5:30/7pm SV 9-11am M

Dec/Jan 2009/2010






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 13 	14 FS 3:30-6 Main V 3:30-6 Ton V Team Dinner at ???	15 At Lake Forest All Levels 5:30/7pm	16 FS 3:30-6 Main V 6-8pm FH	17 FS 3:30-5 FH V 3:30-6 Main	18 At Warren All Levels 5/6:30pm	19 Holiday Showcase At Stvnsn vs. Trinity Varsity Only 1:30pm V Holiday Party 6pm FS 12-2pm Tonelli
20 	21 Stevenson Home (Holiday Showcase) All Levels, V 7pm FA 4, FB 5, S 6pm SV 9-11am FH	22 Holiday Showcase At Niles West Varsity Only 7pm V 3-5pm Tonelli FS Off	23 V 10am-Noon FH FS Off Day	24 	25 	26 Holiday Showcase At Loyola Varsity Only 3pm V 11-1pm
27 	28 Holiday Showcase At Trinity vs. Barrington, Varsity Only 4pm FS 9-11 FH	39 Frosh / Soph Tourny At Lake Zurich 2 Games, Time TBA (Varsity works concession stand.)	30 Frosh / Soph Tourny at Lake Zurich 2 Games, Time TBA (Varsity works concession stand.)	Dec 31 	Jan 1 	2 FS 9am-Noon FH V 9am-Noon Ton
3 	4 FSV 3:30-6 FH V Team Dinner at ???	5 At Stevenson All Levels 5:30/7pm	6 FS 3:30-6 Main V 6-8 FH	7 FSV 3:30-6 FH	8 Zion Benton Home All Levels 6/7:30pm	9 FS 9-11am FH V JV at Mundelein 9am, 10am-Noon FH
10 	11 FS 3:30-6 FH V 3:30-6 Tonelli V Team Dinner at ???	12 At Mundelein All Levels 5:30/7pm	13 Maine West Home (Sweet 16) All Levels 5:30/7pm	14 FSV 3:30-6 FH	15 FSV 3:30-5 FH	16 Libertyville Home All Levels Time 6/7:30pm "Jr. Bears Night" SV 9-11am FH
17 	18 – No School McDonald's Showcase at Willowbrook, Varsity Only, Time and Opponent TBA FS 9-11am Main	19 - Exams Off Day	20 - Exams FS 3-4:30pm Main V 4:30-6 FH	21 - Exams Hinsdale Central Home (Sweet 16) All Levels 5:30/7pm	22 – No School FS 3-5 FH V 3-5 Main	Jan 23 Lake Forest Home All Levels 6/7:30pm SV 9-11am FH

Jan/Feb 2010

**LZ Girls Basketball
Practice Schedule**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 24 	25 FSV 3:30-6 FH V Team Dinner at ???	26 V 3:30-6 Main FS 6-8 FH	27 FS 3:30-6 Main V JV Game at Warren, 6pm	28 FSV 3:30-5:30 FH	29 Warren Home All Levels 6/7:30pm "Senior Night"	30 Sweet Sixteen Finals Varsity Only, 2 Games TBA FS 9-11am Main
Jan 31 	Feb 1 FS 3:30-6 Main V 3:30-6 Tonelli V Team Dinner at ???	2 V 3:30-6 Main FS 6-8 FH	3 FSV 3:30-6 FH	4 FS 3:30-4:30 Main V 4:30-7 Main JV vs. Mundelein Home 5:30pm	5 FS 3:30-6 Main V 3:30-6 Tonelli	6 At Zion Benton All Levels 1/2:30pm V 10-Noon FH
7 	8 FSV 3:30-6 FH V Team Dinner at ???	9 At Lakes All Levels 5:30/7pm Unless we play in.....	10 NSC Championship Game Away All Levels 5:30/7pm V 3:30-6 FH	11 V 3:30-6 Main, JV Jacobs Home, 5pm (Sophs can practice with varsity, frosh season over.)	12 V 3:30-6 FH	13 V Noon-2pm Main
14 V 2-4pm FH	15 - No School Regional Semifinal V 9-11am Main OR V 4-6pm FH V Team Dinner at ???	16 Regional Semifinal V 3:30-6 Main	17 V 3:30-6 FH	18 Regional Final V 3:30-6 Main	19 V 3:30-6 FH	20 V Noon-2pm Tonelli
21 V 5-7pm FH	22 Sectional Semifinal V 3:30-6 Main V Team Dinner at ???	23 Sectional Semifinal V 3:30-6 FH	24 V 3:30-6 FH	25 Sectional Final V 3:30-6 Main	26 V 3:30-6 Main	27 V 9-12am FH
Feb 28 V 5-7pm FH	Mar 1 Super-Sectional V 3:30-6 FH	2 V 3:30-6 Main	3 V 3:30-6 FH Leave for Downstate after practice.	4 Practice Downstate	5 IHSA State Tournament	6 IHSA State Tournament