

Kang Summer Basketball Calendar 2010

	25	26	27	28	29	30	1
May 2010	2	3	4	5	6	7	8
	9	10 Open Gym 3-5	11 Weights, Gun, Games 3-5	12 Conditioning, Plyo Vertimax, Gun 1:30-4	13 Weights, Gun, Games 3-5	14 Conditioning, Plyo Vertimax, Gun 3-5	15
	16	17 Conditioning, Plyo Vertimax, Gun 3-5	18 Weights, Gun, Games 3-5	19 Conditioning, Plyo Vertimax, Gun 1:30-4	20 Weights, Gun, Games 3-5	21 Conditioning, Plyo Vertimax, Gun 3-5	22
	23	24 Conditioning, Plyo Vertimax, Gun 3-5	25 Weights, Gun, Games 3-5	26 Conditioning, Plyo Vertimax, Gun 1:30-4	27 Weights, Gun, Games 3-5	28 Conditioning, Plyo Vertimax, Gun 3-5	29
	30	31 1st day of summer practice 3-5:30	1 Practice Weights, gun 3-5:30	2 Practice Plyo, Vertimax, Gun 1:30-4	3 Practice Weights, gun 3-5:30	4 V= KR Tourney	5 V= KR Tourney
Jun 2010	6	7 Practice Plyo, Vertimax, Gun 3-5:30	8 Practice Weights, gun 3-5:30	9 Practice Plyo, Vertimax, Gun 1:30-4	10 Practice Weights, gun 3-5:30	11 V=Roosevelt Tourney	12 V= Roosevelt Tourney

Coach Johnson: 206-724-6930
Coach Lee: 206-228-4601

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	13 V= Roosevelt Tourney	14 Practice Plyo, Vertimax, Gun 3-5:30	15 Practice Weights, gun 3-5:30 JV game @ Bear Creek 9&10pm	16 Practice Plyo, Vertimax, Gun 1:30-4	17 Practice Weights, gun 3-5:30 JV game @ Bear Creek 7&9pm	18 Practice Plyo, Vertimax, Gun 3-5:30	19 JV Glacier Peak Tourney
	20 V=Gonzaga Team Camp JV Glacier Peak Tourney	21 V= Gonzaga Team Camp	22 V= Gonzaga Team Camp JV game @ Bear Creek 8&10pm	23 V= Gonzaga Team Camp	24 Practice 11-2:30 JV game @ Bear Creek 7&9pm	25 V&JV= LW Tourney	26 V&JV= LW Tourney
	27 V&JV= LW Tourney	28 Practice Plyo, Vertimax, Gun 11-2:30	29 - Practice Weights, gun 11-2:30 JV game @ Bear Creek 5&6pm	30 Practice Plyo, Vertimax, Gun 11-2:30	1 Practice Weights, gun 11-2:30	2 Practice Plyo, Vertimax, Gun 11-2:30	3
Jul 2010	4	5 Practice Plyo, Vertimax, Gun 11-2:30	6 Practice Weights, gun 11-2:30	7 Practice Plyo, Vertimax, Gun 11-2:30	8 Practice Weights, gun 11-2:30	9 Practice Plyo, Vertimax, Gun 11-2:30	10
	11	12 Practice Plyo, Vertimax, Gun 11-2:30	13 Practice Weights, gun 11-2:30	14 Practice Plyo, Vertimax, Gun 11-2:30	15 Practice Weights, gun 11-2:30	16 Practice Plyo, Vertimax, Gun 11-2:30	17
	18	19 Kang Youth B-Ball Camp @ KJH 9-12 Practice @ 1:30-3	20 Kang Youth B- Ball Camp @ KJH 9-12 Practice @ 1:30-3	21 Kang Youth B- Ball Camp @ KJH 9-12 Practice @ 1:30-3	22 Kang Youth B- Ball Camp @ KJH 9-12 Practice @ 1:30-3	23 Kang Youth B-Ball Camp @ KJH 9-12 Practice @ 1:30-3	24
	25	26 Practice Plyo, Vertimax, Gun 11-2:30	27 Practice Weights, gun 11-2:30	28 Practice Plyo, Vertimax, Gun 11-2:30	29 Practice Weights, gun 11-2:30	30 Practice Plyo, Vertimax, Gun 11-2:30	31

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Aug 2010	1	2 @KJH City of Kirkland youth camp 9-12 Conditioning, Plyo Vertimax, Gun 1-4	3 @KJH City of Kirkland youth camp 9-12 Conditioning, Plyo Vertimax, Gun 1-4	4 @KJH City of Kirkland youth camp 9-12 Conditioning, Plyo Vertimax, Gun 1-4	5 @KJH City of Kirkland youth camp 9-12 Conditioning, Plyo Vertimax, Gun 1-4	6 @KJH City of Kirkland youth camp 9-12 Conditioning, Plyo Vertimax, Gun 1-4	7
	8	9 Conditioning, Plyo Vertimax, Gun 11-2:30	10 Weights, Gun, Games 11-2:30	11 Conditioning, Plyo Vertimax, Gun 11-2:30	12 Weights, Gun, Games 11-2:30	13 Conditioning, Plyo Vertimax, Gun 11-2:30	14
	15	16 Conditioning, Plyo Vertimax, Gun 11-2:30	17 Weights, Gun, Games 11-2:30	18 Conditioning, Plyo Vertimax, Gun 11-2:30	19 Weights, Gun, Games 11-2:30	20 Conditioning, Plyo Vertimax, Gun 11-2:30	21
	22	23 Conditioning, Plyo Vertimax, Gun 11-2:30	24 Weights, Gun, Games 11-2:30	25 Conditioning, Plyo Vertimax, Gun 11-2:30	26 Weights, Gun, Games 11-2:30	27 Conditioning, Plyo Vertimax, Gun 11-2:30	28

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