

# November 2023

## LEWISTON-ALTURA BASKETBALL

### Strength and Conditioning

V/JV: 3:00 FR: 5:00

JH: 4:30 T/Th (when at HS)

*\*Some days are alternate times.*

*Please refer to the strength and conditioning schedule.*

### FR, JV, Varsity Free Throws

Mondays/Wednesdays — 7:00-7:30

### V/JV Academics & Film

45 minutes before practice starts, or between lifting and practice

### Freshman

- M,T,Th,F: In B Gym until 4:30, then assigned gym
- W: in assigned gym until 4:30

### Junior High

- M,T,Th,F when at the high school: 3:00-4:30 in the C gym, then strength & conditioning or coach's choice until 5pm
- Wednesdays: At the elementary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music Concert	Girls Basketball Home Game		1	2	3	4
5	6	7	8	9	10	11
12	13 (JH) 3:30-5:00 (Elem.)	14 (JH) 3:00-5:00 (C-Gym)	15 (JH) 3:30-5:00 (Elem.)	16 (JH) 3:00-5:00 (C-Gym)	17 (JH) 3:30-5:00 (Elem.)	18
19 JH: Elementary V/JV/FR: B GYM	20 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 6:00-7:30am (B) (V/JV) 4:30-6:30pm Strength and Conditioning (S&C)	21 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 6:00-7:30am (B) (V/JV) 4:30-6:30pm (C) S&C	22 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 6:00-7:30am (B) (V/JV) 4:00-6:00pm S&C	23 Thanksgiving	24 (JH) TBD (FR) TBD (V/JV) 12:30-4:00 S&C 12:00	25 V/JV scrimmage at Pine Island Bus Time: 7:30am
26 JH: C GYM V/JV/FR: C GYM	27 (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV/FR) 4:30-6:30 S&C	28 (JH) 3:00-5:30 (Elem.) (FR) 3:00-4:00 (C) (V/JV) 6:00-7:30am (B) (V/JV) 3:00-4:15 (B)	29 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00 S&C	30 (V) 3:00-3:30 (C) at Lake City Bus Times FR/JH—2:50 V/JV—3:45		

# December 2023



## Strength and Conditioning

V/JV: 3:00 FR: 5:00

JH: 4:30 T/Th (when at HS)

*\*Some days are alternate times.*

*Please refer to the strength and conditioning schedule.*

## FR, JV, Varsity Free Throws

Mondays/Wednesdays — 7:00-7:30

## V/JV Academics & Film

45 minutes before practice starts, or between lifting and practice

## Freshman

- M,T,Th,F: In B Gym until 4:30, then assigned gym
- W: in assigned gym until 4:30

## Junior High

- M,T,Th,F when at the high school: 3:00-4:30 in the C gym, then strength & conditioning or coach's choice until 5pm
- Wednesdays: At the elementary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JH: C GYM V/JV/FR: C GYM	Girls Basketball Away Game		Music Concert		1 (JH) 3:00-5:00 (FR) 3:00-5:00 (B) (V/JV) 4:00-6:00 (B) <b>S&amp;C</b> <b>Picture Day</b> (JH) 3:05, (FR) 3:25 (JV) 3:45, (V) 4:00	2 <b>Future Cardinals</b>
3 JH: Elementary V/JV/FR: B GYM	4 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30 <b>S&amp;C</b>	5 (V) 3:30-4:00 (C) <b>vs. Dover-Eyota</b> <b>PARENT NIGHT</b>	6 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00 <b>S&amp;C</b>	7 (V) 3:00-3:30 (C) <b>at Triton</b> <b>Bus Times</b> FR/JH— 2:50 V/JV— 3:45	8 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30 <b>S&amp;C</b>	9 <b>Future Cardinals</b>
10 JH: C GYM V/JV/FR: C GYM	11 (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30 <b>S&amp;C</b>	12 (V) 3:00-3:30 (C) <b>at Plainview- Elgin-Millville</b> <b>Bus Times</b> FR/JH— 3:15 V/JV— 4:30	13 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00 <b>S&amp;C</b>	14 (JH) 3:30-5:30 (Elem) (FR) 3:00-4:45 (V/JV) 4:15-6:00 (C) <b>S&amp;C</b>	15 (V) 3:30-4:00 (C) <b>vs. Wabasha- Kellogg</b>	16 <b>Future Cardinals</b>
17 JH: Elementary V/JV/FR: B GYM	18 (JH) 3:30-5:30 (FR) 4:30-6:30 (C) (V/JV) 3:30-5:30 <b>S&amp;C</b>	19 <b>vs. Rochester STEM Academy</b> (JH) 3:30-5:30	20 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00 <b>S&amp;C</b>	21 (V) 3:00-3:30 (C) <b>at La Crescent</b> <b>Bus Times</b> FR—3:15 V/JV— 4:15	22 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30 <b>S&amp;C</b>	23
24	25 <b>Christmas</b>	26 (JH) TBD (FR) TBD (V/JV) 1:00-4:00 <b>S&amp;C</b>	27 (JH) TBD (FR) TBD (V/JV) 1:00-4:00 <b>S&amp;C</b>	28 (JH) TBD (FR) TBD (JV) TBD <b>vs. Durand- Arkansaw(WSU)</b> <b>Bus Time</b> V – 10:00	29 (JH) TBD (FR) TBD (V) 11:00-2:00 <b>S&amp;C</b> <b>JV TOURNEY</b>	30 <b>Future Cardinals</b> (JH) TBD (FR) TBD (JV) TBD <b>vs. Byron (WSU)</b> <b>Bus Time</b> V – 3:00

# January 2024



### Strength and Conditioning

V/JV: 3:00 FR: 5:00

JH: 4:30 T/Th (when at HS)

*\*Some days are alternate times.*

*Please refer to the strength and conditioning schedule.*

### FR, JV, Varsity Free Throws

Mondays/Wednesdays — 7:00-7:30

### V/JV Academics & Film

45 minutes before practice starts, or between lifting and practice

### Freshman

- M,T,Th,F: In B Gym until 4:30, then assigned gym
- W: in assigned gym until 4:30

### Junior High

- M,T,Th,F when at the high school: 3:00-4:30 in the C gym, then strength & conditioning or coach's choice until 5pm
- Wednesdays: At the elementary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JH: C GYM V/JV/FR: C GYM	<b>1</b> New Year's Day	<b>2</b> (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>3</b> (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C	<b>4</b> (JH) 5:00-6:30 (C) (FR) 3:00-4:30 (B) (V/JV) 3:00-5:00  S&C	<b>5</b> (V) 3:00-3:30 (B)  <b>@ Cotter</b>  Bus Times FR/JH— 3:30 V/JV— 4:30	<b>6</b> FR Tournament @ DE  Future Cardinals
<b>7</b> JH: Elementary V/JV/FR: B GYM	<b>8</b> (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>9</b> (V) 3:00-3:30  <b>vs. La Crescent</b>	<b>10</b> (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C	<b>11</b> (V) 3:00-3:30  <b>at Fillmore Central</b>  Bus Times FR/JH— 3:15 V/JV— 4:20	<b>12</b> (JH) 3:30-5:30 (FR/JV) 4:30-6:00 (C) (V) 3:00-3:45  <b>vs. Cannon Falls</b>	<b>13</b> (V/JV) 12:00-3:00  Future Cardinals
<b>14</b> JH: C GYM V/JV/FR: C GYM	<b>15</b> (V) 3:00-3:30  <b>vs. Rushford-Peterson</b>	<b>16</b> (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>17</b> (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C	<b>18</b> (V) 3:00-3:30  <b>at Caledonia</b>  Bus Times FR/JH— 2:55 V/JV— 4:00	<b>19</b> (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>20</b> Future Cardinals (4:00-5:15)  <b>vs. Pine Island @ Mayo Civic</b> Bus Time — 8:45
<b>21</b> JH: Elementary V/JV/FR: B GYM	<b>22</b> (V) 3:00-5:00  <b>vs. Southland (JH, FR, JV)</b>	<b>23</b> (V) 3:00-3:30  <b>vs. Zumbrota-Mazeppa</b>	<b>24</b> (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C	<b>25</b> (V) 3:00-3:30  <b>vs. Chatfield</b>	<b>26</b> (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>27</b>  Future Cardinals
<b>28</b> JH: C GYM V/JV/FR: C GYM	<b>29</b> (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	<b>30</b> (V) 3:00-3:30  <b>vs. Cotter</b>	<b>31</b> (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C		<b>Girls Basketball Home Game</b>	

# February 2024



### Strength and Conditioning

V/JV: 3:00 FR: 5:00

JH: 4:30 T/Th (when at HS)

*\*Some days are alternate times.*

*Please refer to the strength and conditioning schedule.*

### FR, JV, Varsity Free Throws

Mondays/Wednesdays — 7:00-7:30

### V/JV Academics & Film

45 minutes before practice starts, or between lifting and practice

### Freshman

- M,T,Th,F: In B Gym until 4:30, then assigned gym
- W: in assigned gym until 4:30

### Junior High

- M,T,Th,F when at the high school: 3:00-4:30 in the C gym, then strength & conditioning or coach's choice until 5pm
- Wednesdays: At the elementary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JH: C GYM V/JV/FR: C GYM	Wrestling	Girls Basketball Home Game		1 (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30	2 (V) 3:00-3:15  vs. St. Charles  JH at St. Charles Bus Time JH-3:15	3 JH @ R-P Tournament (V) TBD  vs. USC @ K-M  Bus Time V/JV- 9:30
4  JH: Elementary V/JV/FR: B GYM	5 (JH) 3:30-5:30 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	6 (V) 3:00-3:30  vs. La Crescent	7 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00  S&C	8 (V) 3:00-3:30  at Dover-Eyota  Bus Times FR/JH-3:30 V/JV-4:30	9 (JH) 3:30-5:30 (FR) 3:00-5:00 (C) (V/JV) 4:30-6:30 (C)  S&C	10
11  JH: C GYM V/JV/FR: C GYM	12 (JH) at St. John's (JV/FR) 3:00-4:30  vs. Cannon Falls  S&C	13 (V) 3:00-3:30  vs. Plainview- Elgin-Millville  SENIOR NIGHT	14 (JH) 3:30-5:30 (FR) 3:00-4:30 (V/JV) 4:00-6:00 (B)  S&C	15 (JH) 3:30-5:30 (Elem.) (JV/FR) 3:00-4:30 (V) 4:00-5:30  S&C	16 (V) 3:00-3:30  at Wabasha- Kellogg  Bus Times JV/JH- 3:30 V- 4:30	17
18  JH: Elementary V/JV/FR: B GYM	19 (JH) 3:30-5:30 (JV/FR) 4:00-6:00 (V) 12:30-2:30  S&C	20 (V) 3:00-3:30  at Chatfield  Bus Times FR/JH- 3:25 V/JV- 4:30	21 (JH) 3:30-5:30 (FR) 3:00-4:30 (C) (V/JV) 4:00-6:00 (C)  S&C	22 (JH) 3:00-5:00 (FR) 3:00-5:00 (V/JV) 4:30-6:30  S&C	23 (V) 3:00-3:30  at St. Charles  Bus Times FR/JH- 3:50 V/JV- 4:45	24  (V) TBD
25  JH: C GYM V/JV/FR: C GYM	26 (V) 3:00-6:00  S&C	27 (V) 3:00-6:00	28 (V) 3:00-6:00  S&C	29  Section 1AA First Round vs. TBA		

# March 2024



### Strength and Conditioning

V/JV: 3:00 FR: 5:00

JH: 4:30 T/Th (when at HS)

*\*Some days are alternate times.  
Please refer to the strength and conditioning schedule.*

### FR, JV, Varsity Free Throws

Mondays/Wednesdays — 7:00-7:30

### V/JV Academics & Film

45 minutes before practice starts, or between lifting and practice

### Freshman

- M,T,Th,F: In B Gym until 4:30, then assigned gym
- W: in assigned gym until 4:30

### Junior High

- M,T,Th,F when at the high school: 3:00-4:30 in the C gym, then strength & conditioning or coach's choice until 5pm
- Wednesdays: At the elementary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Music Concert					1 (V) TBA	2 (V) TBA
3	4 Section 1AA Quarterfinals	5 (V) TBA	6 Section 1AA Quarterfinals	7 (V) TBA	8 (V) TBA	9 Section 1AA Semifinals
10	11 (V) TBA	12 (V) TBA	13 (V) TBA	14 Section 1AA Finals	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30