

LADY PATRIOT



BASKETBALL

DATES TO REMEMBER

Thursday August 8th – Athletic Parent Night 6p-7p at the Heritage High School Gymnasium

Monday August 26th – Oct.17th – Girls Basketball Strength and Conditioning 3:30p-5:30p (M and TH)

Monday November 4th Girls Basketball Tryouts 9th-12th grades 630p-830p Heritage Gym

Tuesday November 5th Girls Basketball Tryouts 9th-12th grades 630p-830p Heritage Gym

Wednesday November 6th Girls Basketball Tryouts 9th-12th grades 630p-830p Heritage Gym

Wednesday November 6th 1st Round of player selections announced via email

Thursday Nov.7th 1st Day of practice 9th-12th grades TBD Heritage Gym

Friday Nov.8th 2nd Day of practice 9th-12th grades TBD Heritage Gym

Saturday Nov.9th 3rd Day of practice 9th-12th grades TBD (FINAL ROSTERS ANNOUNCED)

Varsity Head Coach Rob Ocon-heritagepatriothoops@gmail.com

Junior Varsity Head Coach Mike Moe-mkmoe05@gmail.com

Freshman Head Coach Loren Wortinger-wortingerl@luhsd.net

Athletic Director Nate Smith-smithn@luhsd.net

