

OCHS LADY KNIGHTS: Spring & Summer Ball



As the Spring sports approach an end, it's time to begin thinking about basketball! What we do in the off-season is as important as what we do in season. Your presence at spring and summer practices and your commitment to the basketball program is necessary to our success. Plan to be here!

Spring Practice:

May 14- June 4 – Mondays, Wednesdays, and Fridays. 3:15-5:30pm

** For all those interested in playing JV or Varsity next year.

** Includes weight training from 5-5:30.

** These practices **do not** include incoming freshmen (current 8th graders)

Summer Practices:

JV Practice: Begins June 24 – Ends July 31.

Practice: Tuesdays & Thursdays 8-9:30am

*This practice is for all in-coming freshmen and up-coming sophomores.

Varsity: Begins June 16 – Ends August 1.

Practice: Mondays, Wednesdays, and Fridays 8-10:15am

Practice time includes 40 minutes of weight training.

**This practice is for all Varsity returners, up-coming juniors

and seniors, and underclassmen **only upon coach's invitation.****

Summer League/Scrimmages:

JV: The JV will be competing in a summer league at Bloomington Christian. Game schedule is TBA.

VARSITY: This year, Varsity will be participating in the Don Lugo Summer League. Games will be played on **Tuesdays and Thursdays**, beginning on June 24 and ending on July 31. Schedule is TBA. We will also be hosting a couple scrimmages with Hesperia Christian HS – These dates are also TBA.

Questions?

Contact Coach Hoekstra.

khoekstra@ocschools.org

909-633-7329 (cell)