

2025-2026 BASKETBALL SCHEDULE SEPTEMBER 2-NOVEMBER 1

Coach Sarah: CoachSarah.KHHS@gmail.com

Coach Lamar: ElevateElite21@gmail.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUG	18. KHHS Weight Room: 1:45-3:30	19.	20. REST DAY	21.	22.KHHS Weight Room: 1:45-3:30	23.
24.	25. KHHS Weight Room: 1:45-3:30	26. KHHS Workouts/Open Gym 6:15-8pm	27.REST DAY	28. KHHS Weight Room: 1:45-3:30	29. KHHS Workouts/Open Gym 6-8pm	
SEP	1. Labor Day	2. KHHS Workouts/Open Gym 6:15 -8pm	3. REST DAY	4. KHES Open Gym 6-8 pm	5. KHHS <u>Basketball Interest Meeting</u> <u>7pm @ KHHS Gym</u> Open Gym 7-9 pm	6.
7.	8. KHES Workouts 5-6pm Open Gym 6-8pm	9. KHHS Workouts/Open Gym 6:15-8pm	10. REST DAY	11. KHHS Weight Room: 1:45-3:30	12. KHES Open Gym 4-6pm	13.
14.	15. KHES Workouts 5-6pm Open Gym 6-8pm	16.	17. REST DAY	18. KHES Open Gym 5-7pm	19. KHES Open Gym 4-6pm	20.
21.	22. KHHS Weight Room: 1:45-3:30	23. KHHS Weight Room: 1:45-3:30	24. REST DAY	25. KHHS Open Gym 5-7pm	26. KHES Open Gym 4-6pm	27.
28.	29.KHHS Workouts/Open Gym 6-8pm	30. KHHS Weight Room: 1:45-3:30	1. REST DAY	2. KHHS Open Gym 5-7pm	3. KHES Open Gym 4-6pm	4.
5. OCT	6. KHES Open Gym 5-7pm	7. KHHS Weight Room: 1:45-3:30	8. REST DAY	9. KHHS Open Gym 6-8pm	10. KHES Open Gym 4-6pm	11.
12.	13. KHHS Track 6-8pm	14. KHHS Track 6-8 pm	15. REST DAY	16. KHHS Track 6-8pm	17. KHHS Track 6-8pm	18.
19.	20. KHHS Track 6-8pm	21. KHHS Track 6-8 pm	22.REST DAY	23. KHHS track 6-8pm	24. KHHS Track 2-4pm	25.
26. T/O	27. Basketball Tryouts	28. Basketball Tryouts	29. Basketball Tryouts	30. TBD	31. TBD	1.

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NOV WK1	3. KHHS Coaches Lunch Meet & Greet 7pm KHHS Gym Basketball Parent Meeting/Bootcamp	4. KHHS G-JH: 1:45-4 G-JV/V: 3-5pm B-V 6-8 KHES B-JH 5-7 B-JV 6-8	5. KHHS G-JrH/JV: 1:45-4 G-V: 3:30-6 B-JrH: 5-6	6. KHHS G-JH: 1:45-4 G-JV/V: 3-6pm B-V 6-8 KHES B-JH 4-6 B-JV 6-8	7. KHHS G-JH: 1:45-4 G-JV/V: 3-6pm B-V 6-8 KHES B-JH 3-5 B-JV 6-8	
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Athletes must have athletic clearance to attend.

Proper shoes (no crocs, slides or dudes on the court).

***Any changes to the schedule will be published on Mascot Media Boys & Girls Basketball pages and Aptegy Rooms.**

Tryouts October 27-29