

JR HIGH GIRLS SUMMER BASKETBALL

Team Camp

MAY 22 – 24 INTERMEDIATE GYM 3:30-5:30 PM

At this camp we will be working on individual skills and team concepts for the summer and the Jr. High season.

Weights/Conditioning

JUNE 5-JUNE 29

Monday-Thursday @ 8:00am-9:00am HS GYM – Sit in the red seats when coming in.

Individual Basketball Workouts

Players will have the chance to participate in small group basketball workouts every Monday & Wednesday in June. This is for players going into 7th- 8th grade next year.

JR HIGH session in the 2/3 gym- 9:15 am- 10:30 am (Monday & Wednesday) in the Month of June- 5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th

Webb City League

Webb City League will be on an invitation basis as spots are limited. The league will allow us to work on individual skills and team concepts. The league will allow the athletes to get some games in and run up and down the floor in a competitive manner. Again, these will be by invitation only.

There will be two games a week on Thursday nights in Webb City. We will let the girls know who will be playing by the end of our team camp in May.

OCC CAMP

This is an individual camp. You will have to go to their website and sign your child up. This isn't required but it's a great opportunity for your kid to work on their basketball skills and play a lot of basketball.

Questions- Contact Coach Odaffer @ rodaffer@cjrl.org or text 620-235-9061

MAY 2023 Jr. High Girls Basketball						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 7 th & 8 th grade Camp (Intermediate) 3:30 – 5:30	23 7 th & 8 th grade Camp (Intermediate) 3:30 – 5:30	24 7 th & 8 th grade Camp (Intermediate) 3:30 – 5:30	25	26	27
28	29	30	31 Free physical Night High school 5:30 PM All JH sports need a Physical	1	2	3

JUNE Jr. High Girls Basketball 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5 JH Weights (CJ HS) 8:00am – 9:00am JH BKB skills session 9:15-10:30 (2-3 gym)	6 JH Weights (CJ HS) 8:00am – 9:00am	7 JH Weights (CJ HS) 8:00am – 9:00am JH BKB skills session 9:15-10:30 (2-3 gym)	8 JH Weights (CJ HS) 8:00am – 9:00am Webb City Summer League Night TBA- (4-10pm)	9	10
11 Optional OCC Camp	12 JH Weights (CJ HS) 8:00am – 9:00am JH BKB skills session 9:15-10:30 (2-3 gym) Optional OCC Camp	13 JH Weights (CJ HS) 8:00am – 9:00am Optional OCC Camp	14 JH Weights (CJ HS) 8:00am – 9:00am JH BKB skills session 9:15-10:30 (2-3 gym) Optional OCC Camp	15 JH Weights (CJ HS) 8:00am – 9:00am Webb City Summer League Night TBA- (4-10pm)	16	17
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