CAPITAL CITY HOOPS SPRING TRAINING

April

2024

	AL CITT HOOF 3		IIIAIIII			April	2027
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	2	3	4	5	6		7
8	Shots Club South Side: 9 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	10	11	12	13		14
15	Scoring Clinic South Side: 16 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	17	18	19	20	Practice Day South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 Chappelle Dr. S	21 SW
22	Shots Club South Side: 23 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	24	25	26	27	Game Time South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 Chappelle Dr. S	28 SW
29	Scoring Clinic South Side: 30 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School						

CAPITAL CITY HOOPS SPRING TRAINING

May

2024

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	Practice Day South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 Chappelle Dr. St
6	Shots Club South Side: 7 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	8	9	10	11	Game Time South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 Chappelle Dr. St
13	Scoring Clinic South Side: Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	15	16	17	18	
20	Shots Club South Side: 21 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	22	23	24	25	Practice Day South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 Chappelle Dr. St
27	Scoring Clinic South Side: 28 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	29	30	31		

CAPITAL CITY HOOPS SPRING TRAINING

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onday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday	
						1	Game Time South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 C	Chappelle Dr. SV
3	Scoring Clinic North Side: Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	4	5	6	7	8	Practice Day South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 (Chappelle Dr. S
10	Shots Club North Side: Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	11	12	13	14	15	Game Time South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 (Chappelle Dr. S
17	Scoring Clinic North Side: Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	18	19	20	21	22	Practice Day South Side: 12pm – 1pm: 4 – 9 years old coed 1pm – 2pm: Girls 10 - 17 years old 2pm – 3pm Boys 10 – 17 years old Loc: Garth Worthington School 351 (Chappelle Dr. S
24	Shots Club North Side: Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Int to Adv Level: 14 – 17 years old 6:00pm to 7:00pm Loc: Garth Worthington School	25	26	27	28	29		