

Date	Start	Event Name	Location
Thu 10/20/2022	6:50 am	M Basketball Open Gym	SFC - Dome
Thu 10/20/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Fri 10/21/2022	6:50 am	M Basketball Open Gym	SFC - Gymnasium
Fri 10/21/2022	5:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 10/22/2022	9:00 am	Coach Byrd-Basketball	SFC - Gymnasium
Mon 10/24/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Mon 10/24/2022	5:00 pm	Coach Byrd-Basketball	SFC - Dome
Tue 10/25/2022	6:30 am	M Basketball Open Gym	SFC - Gymnasium
Tue 10/25/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Wed 10/26/2022	6:30 am	Coach Owen Aschieris-Basketball	SFC - Dome
Thu 10/27/2022	6:30 am	M Basketball Open Gym	SFC - Gymnasium
Thu 10/27/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Thu 10/27/2022	3:30 pm	Coach Byrd-Basketball	SFC - Dome
Fri 10/28/2022	6:50 am	M Basketball Open Gym	SFC - Gymnasium
Fri 10/28/2022	2:00 pm	Coach Byrd-Basketball	SFC - Gymnasium
Sat 10/29/2022	11:00 am	Coach Owen-Basketball	SFC - Gymnasium
Sat 10/29/2022	1:00 pm	Dudley - Luckett Basketball	SFC - Gymnasium
Mon 10/31/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Tue 11/01/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Thu 11/03/2022	6:30 am	M Basketball Practice	SFC - Gymnasium
Thu 11/03/2022	3:15 pm	Weight Training - M Basketball	Weight Room
Thu 11/03/2022	3:30 pm	Justin Byrd - Basketball Training	SFC - Dome
Fri 11/04/2022	6:30 am	M Basketball Open Gym	SFC - Gymnasium
Sat 11/05/2022	8:30 am	Men's Basketball Practice	SFC - Gymnasium
Mon 11/07/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Tue 11/08/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Wed 11/09/2022	6:45 am	Men's Basketball Varsity Only - Practice	SFC - Dome
Thu 11/10/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Fri 11/11/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Fri 11/11/2022	3:30 pm	Mundis Basketball	SFC - Gymnasium
Mon 11/14/2022	3:30 pm	Men's Basketball Practice	SFC - Gymnasium
Tue 11/15/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Wed 11/16/2022	7:00 am	Men's Basketball Practice	SFC - Dome
Thu 11/17/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Thu 11/17/2022	3:30 pm	Coach Justin-Basketball	SFC - Gymnasium
Thu 11/17/2022	3:30 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Fri 11/18/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Fri 11/18/2022	4:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium

Date	Start	Event Name	Location
Sat 11/19/2022	8:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 11/19/2022	9:00 am	W V Basketball "Her Game" Camp	Oceanside High
Sat 11/19/2022	12:00 pm	Men's Basketball Practice	SFC - Gymnasium
Mon 11/21/2022	7:00 am	Men's Basketball Practice	SFC - Gymnasium
Mon 11/21/2022	11:30 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Tue 11/22/2022	9:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Tue 11/22/2022	9:00 am	JV M Basketball @ Mission Bay vs Patrick Henry	Mission Bay Senior High
Tue 11/22/2022	12:00 pm	V M Basketball @ Mission Bay vs Patrick Henry	Mission Bay Senior High
Wed 11/23/2022	8:00 am	Coach Justin Bryd-Basketball	SFC - Gymnasium
Wed 11/23/2022	11:30 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Wed 11/23/2022	12:00 pm	JV M Basketball @ Mission Bay vs. Hoover	Mission Bay Senior High
Wed 11/23/2022	3:00 pm	V M Basketball @ Mission Bay vs. Hoover	Mission Bay Senior High
Fri 11/25/2022	9:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Fri 11/25/2022	12:00 pm	JV M Basketball @ Mission Bay vs. San Diego	Mission Bay Senior High
Fri 11/25/2022	12:00 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 11/25/2022	3:00 pm	V M Basketball @ Mission Bay vs. San Diego	Mission Bay Senior High
Sat 11/26/2022	12:00 pm	M Basketball Mission Bay Thanksgiving Classic	Mission Bay Senior High
Mon 11/28/2022	11:00 am	Men's Basketball Practice	SFC - Gymnasium
Tue 11/29/2022	7:00 pm	M V Basketball vs LCC	SFC - Gymnasium
Thu 12/01/2022	6:00 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 12/02/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Fri 12/02/2022	3:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 12/03/2022	12:30 pm	Men's Basketball Practice	SFC - Gymnasium
Sat 12/03/2022	1:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Mon 12/05/2022	3:30 pm	Men's Basketball Practice	SFC - Gymnasium
Tue 12/06/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Tue 12/06/2022	7:00 pm	M JV Basketball @ Mission Hills	Mission Hills High
Wed 12/07/2022	6:30 am	Coach Owen Aschieris-Basketball	SFC - Dome
Thu 12/08/2022	6:00 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 12/09/2022	6:30 am	Coach Owen Aschieris-Basketball	SFC - Dome
Fri 12/09/2022	1:45 pm	Men's Basketball Practice	SFC - Gymnasium
Sat 12/10/2022	1:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 12/10/2022	3:30 pm	Men's JV Basketball vs Scottsdale Christian	SFC - Gymnasium
Sat 12/10/2022	5:00 pm	Men's V Basketball vs Scottsdale Christian	SFC - Gymnasium
Mon 12/12/2022	6:15 am	Men's Basketball Practice	SFC - Gymnasium
Mon 12/12/2022	4:00 pm	M JVB Basketball vs Torrey Pines	SFC - Gymnasium
Mon 12/12/2022	7:00 pm	M JV Basketball vs Torrey Pines	SFC - Gymnasium
Tue 12/13/2022	6:15 am	Men's Basketball Bickley Shooting	SFC - Gymnasium

Date	Start	Event Name	Location
Tue 12/13/2022	4:00 pm	M JV Basketball vs Francis Parker (triple header)	SFC - Gymnasium
Tue 12/13/2022	7:00 pm	M V Basketball vs Francis Parker	SFC - Gymnasium
Thu 12/15/2022	12:00 pm	Coach Justin -Basketball	SFC - Dome
Fri 12/16/2022	5:30 pm	M JV Basketball @ Vista	VISTA HIGH
Fri 12/16/2022	7:00 pm	M V Basketball @ Vista	VISTA HIGH
Sat 12/17/2022	11:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sun 12/18/2022	12:30 pm	Christian Kuiper Shooting	SFC - Gymnasium
Mon 12/19/2022	11:00 am	Men's Basketball Practice	SFC - Gymnasium
Tue 12/20/2022	9:30 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Tue 12/20/2022	2:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Tue 12/20/2022	4:30 pm	M JV Basketball vs Helix	SFC - Gymnasium
Tue 12/20/2022	6:00 pm	M V Basketball vs Helix	SFC - Gymnasium
Wed 12/21/2022	11:30 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Wed 12/21/2022	5:00 pm	Men's Basketball Practice	SFC - Gymnasium
Thu 12/22/2022	9:00 am	Men's Basketball Practice	SFC - Gymnasium
Thu 12/22/2022	12:00 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Fri 12/23/2022	1:30 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Fri 12/23/2022	6:30 pm	M V Basketball @ Torrey Pines	Torrey Pines High School
Mon 12/26/2022	12:30 pm	M Basketball Practice	SFC - Gymnasium
Tue 12/27/2022	7:00 am	M BB Torrey Pines Classic - SFC Hosts	SFC - Gymnasium
Wed 12/28/2022	7:00 am	M BB Torrey Pines Classic - SFC Hosts	SFC - Gymnasium
Wed 12/28/2022	5:00 pm	Men's Basketball Practice	SFC - Dome
Thu 12/29/2022	7:00 am	M BB Torrey Pines Classic - SFC Hosts	SFC - Gymnasium
Fri 12/30/2022	7:00 am	M BB Torrey Pines Classic - SFC Hosts	SFC - Gymnasium
Mon 01/02/2023	11:00 am	Basketball Prqactice	SFC - Gymnasium
Tue 01/03/2023	7:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Tue 01/03/2023	4:30 pm	M JV Basketball vs Orange Glen	SFC - Gymnasium
Tue 01/03/2023	6:00 pm	M V Basketball vs Orange Glen	SFC - Gymnasium
Wed 01/04/2023	4:30 pm	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Thu 01/05/2023	6:15 am	M Basketball Practice - Varsity Only	SFC - Gymnasium
Thu 01/05/2023	3:30 pm	M Basketball Practice - JV Only	SFC - Gymnasium
Fri 01/06/2023	2:00 pm	M Basketball Practice	SFC - Gymnasium
Sat 01/07/2023	5:30 pm	M JV Basketball vs Foothills Christian	SFC - Gymnasium
Sat 01/07/2023	7:00 pm	M V Basketball vs Foothills Christian	SFC - Gymnasium
Mon 01/09/2023	3:30 pm	Men's Basketball Practice	SFC - Gymnasium
Tue 01/10/2023	5:00 pm	M JV Basketball @ Army Navy	Army & Navy Academy
Tue 01/10/2023	6:30 pm	M V Basketball @ Army Navy	Army & Navy Academy
Thu 01/12/2023	5:30 pm	Men's Basketball Practice (Sr. only)	SFC - Gymnasium

Date	Start	Event Name	Location
Fri 01/13/2023	1:30 pm	Drew Bickley Shooting	SFC - Gymnasium
Fri 01/13/2023	5:30 pm	M JV Basketball @ Francis Parker	Francis Parker Upper School
Fri 01/13/2023	7:00 pm	M V Basketball @ Francis Parker	Francis Parker Upper School
Mon 01/16/2023	10:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Mon 01/16/2023	12:30 pm	M Basketball Practice	SFC - Gymnasium
Mon 01/16/2023	1:30 pm	M JV Basketball @ LJCD	La Jolla Country Day School
Mon 01/16/2023	3:00 pm	M V Basketball @ LJCD	La Jolla Country Day School
Tue 01/17/2023	5:30 pm	M JV Basketball @ Bishops	The Bishops School
Tue 01/17/2023	7:00 pm	M V Basketball @ Bishops	The Bishops School
Thu 01/19/2023	5:15 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 01/20/2023	2:00 pm	Men's Basketball Practice	SFC - Gymnasium
Sat 01/21/2023	10:00 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 01/21/2023	6:15 pm	M V Basketball @ Linfield Christian (V game only)	Linfield Christian School
Mon 01/23/2023	3:30 pm	Men's Basketball Practice	SFC - Gymnasium
Tue 01/24/2023	5:30 pm	M JV Basketball vs LJCD	SFC - Gymnasium
Tue 01/24/2023	7:00 pm	M V Basketball vs LJCD	SFC - Gymnasium
Thu 01/26/2023	5:15 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 01/27/2023	5:30 pm	M JV Basketball @ Foothills Christian	Cuyamaca College
Fri 01/27/2023	7:00 pm	M V Basketball @ Foothills Christian	Cuyamaca College
Sat 01/28/2023	11:30 am	Coach Owen Aschieris-Basketball	SFC - Gymnasium
Sat 01/28/2023	12:00 pm	Coach Byrd-Basketball	SFC - Gymnasium
Sat 01/28/2023	3:30 pm	M JV Basketball @ Del Norte	Del Norte High School
Sat 01/28/2023	5:00 pm	M V Basketball @ Del Norte	Del Norte High School
Mon 01/30/2023	5:30 pm	M JV Basketball @ Orange Glen	Orange Glen High School
Mon 01/30/2023	7:00 pm	M V Basketball @ Orange Glen	Orange Glen High School
Tue 01/31/2023	4:00 pm	M JV Basketball vs Army Navy	SFC - Gymnasium
Tue 01/31/2023	7:00 pm	M V Basketball vs Army Navy (Cheer Sr Night)	SFC - Gymnasium
Thu 02/02/2023	4:00 pm	M JV Basketball vs Bishops	SFC - Gymnasium
Thu 02/02/2023	7:00 pm	M V Basketball vs Bishops (Sr Night)	SFC - Gymnasium
Fri 02/03/2023	1:30 pm	Men's Basketball Practice	SFC - Dome
Sat 02/04/2023	1:30 pm	M V Basketball vs Montgomery @ Mission Bay	Mission Bay Senior High
Mon 02/06/2023	6:30 am	Men's Basketball Practice	SFC - Gymnasium
Tue 02/07/2023	6:30 am	Men's Basketball Practice	SFC - Gymnasium
Wed 02/08/2023	7:00 pm	M V Basketball vs TBD Coastal Tourny	SFC - Gymnasium
Thu 02/09/2023	6:30 am	Men's Basketball Practice	SFC - Gymnasium
Fri 02/10/2023	3:30 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 02/10/2023	7:00 pm	M V Basketball vs TBD @ LJCD	La Jolla Country Day School
Mon 02/13/2023	6:30 am	Men's Basketball Practice	SFC - Gymnasium

Date	Start	Event Name	Location
Tue 02/14/2023	6:30 am	Men's Basketball Practice	SFC - Gymnasium
Wed 02/15/2023	6:00 pm	Men's Basketball Practice	SFC - Gymnasium
Thu 02/16/2023	5:30 pm	Men's Basketball Practice	SFC - Gymnasium
Fri 02/17/2023	1:30 pm	Caden Doucette Basketball	SFC - Gymnasium
Fri 02/17/2023	7:00 pm	M V Basketball @ Montgomery - CIF Playoffs	MONTGOMERY SENIOR HIGH
Mon 02/20/2023	10:00 am	Drew Konsmo - Basketball	SFC - Gymnasium
Tue 02/21/2023	10:00 am	Drew Konsmo - Basketball	SFC - Gymnasium
Wed 02/22/2023	9:00 am	Men's Basketball Practice	SFC - Gymnasium
Thu 02/23/2023	10:00 am	Drew Konsmo - Basketball	SFC - Gymnasium
Fri 02/24/2023	9:00 am	Men's Basketball Practice	SFC - Gymnasium
Sat 02/25/2023	1:00 pm	Men's Basketball Practice	SFC - Gymnasium
Mon 02/27/2023	12:00 pm	Men's Basketball Practice	SFC - Gymnasium
Tue 02/28/2023	7:00 pm	M V Basketball @ St. Bernard - CIF State Playoffs	St Bernard High School
Fri 03/31/2023	3:30 pm	Kuiper - Greathouse - Basketball	SFC - Gymnasium