

# FALCONS SUMMER PROGRAM

## JUNE & JULY 2009

Be a part of the Falcon Flock and join us this summer as we strive to improve both individually and as a team on the basketball court. We will be focusing on developing player's individual skills as well as their team cohesiveness. We hope to get better, stronger and faster throughout the summer which will help us be more competitive next season.

There is a JV and Varsity level team, both teams will play in a summer league during the week and participate in four (4) weekend tournaments. The teams will also be practicing for two hours a day (when there is not a conflict with a game)

Each participant will receive a falcon's summer league jersey to be worn at all contests.

We hope this summer brings us closer as a program, makes us better basketball players and most importantly is a fun experience.

### Varsity Schedule

North County Summer League  
Las Vegas Tournament  
USD Team Camp  
Anaheim Tourney  
SD Classic  
\*Mission Bay HS Summer League

### JV Schedule

North County Summer League  
El Capitan See my Locker I  
USD Team Camp  
El Capitan See my Locker II  
SD Classic

The cost is \$500 for the Varsity and \$450 for the JV per player, checks to be made out to TPHS Foundation Girls Basketball

Name:

Address

City

St.

Zip

Cell Phone:

Home Phone:

Parents Names & Contact Info:

Grade:

Payment:

Check: \_\_\_\_\_

Cash: \_\_\_\_\_

Credit Card: Visa

MC AMEX

Discover

CC#:

Exp:

## **Falcons Checklist**

Please make sure you have the following turned back into the coach prior to June 15<sup>th</sup>:

- Summer Registration form
- Payment
- Copy of your AAU Insurance Card
- USD Liability Waiver
- USD Medical Form
- SD Classic Liability Waiver

Varsity

# june 2009

monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 23/day 152	1 day 153	2 day 154	3 day 155	4 day 156	5 day 157	6 day 158
week 24/day 159	8 day 160	9 day 161	10 day 162	11 day 163	12 day 164	13 day 165
week 25/day 166	15 day 167	16 day 168	17 day 169	18 day 170	19 day 171	20 day 172
Practice 330-5:30 @TP	Practice 330-5:30 @TP	Practice 330-5:30 @TP	Practice 330-5:30 @TP	Vegas Tourney	Vegas Tourney	Vegas Tourney
	Game @ 6:30 vs. Westview @ Westview		Game @ 7:30 vs RB at Westview			
week 26/day 173	22 day 174	23 day 175	24 day 176	25 day 177	26 day 178	27 day 179
Practice 330-5:30 @CV	Practice 330-5:30 @CV	Practice 330-5:30 @CV	Practice 330-5:30 @CV	USD Team Camp	USD Team Camp	USD Team Camp
Game @ 7:30 vs. RBV at Escondido		Game at 7:30 vs Canyon : Crest at RBV		Practice 330-5:30 @CV		
week 27/day 180	29 day 181	30				
Practice 330-5:30 @TP	Practice 330-5:30 @TP					
Game @ 8:30 vs LCC at LCC						

notes:

# July 2009

Varsity

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		<b>1</b> day 182 Practice 330-5:30 @TP Game at 7:30 vs Carlsba at Westview	<b>2</b> day 183 Practice 330-5:30 @TP	<b>3</b> day 184 Practice 330-5:30 @TP	<b>4</b> day 185 Off	<b>5</b> day 186 Off
<b>6</b> week 28/day 187 Practice 330-5:30 @CV Game at 7:30 vs Mt Carmel at LCC	<b>7</b> day 188 Practice 330-5:30 @CV	<b>8</b> day 189 Practice 330-5:30 @CV	<b>9</b> day 190 Practice 330-5:30 @CV Game at 7:30 vs Vista at Vista	<b>10</b> day 191 Practice 330-5:30 @CV Anaheim - NJB	<b>11</b> day 192 Practice 330 5:30 @CV Anaheim - NJB	<b>12</b> day 193
<b>13</b> week 29/day 194 Practice 330-5:30 @TP Game at 7:30 vs Poway at RBV	<b>14</b> day 195 Practice 330-5:30 @TP Game at 8:30 vs Westvie at Westview	<b>15</b> day 196 Practice 330-5:30 @TP	<b>16</b> day 197 Practice 330-5:30 @TP	<b>17</b> day 198 UC San Diego	<b>18</b> day 199 UC San Diego	<b>19</b> day 200 UC San Diego
<b>20</b> week 30/day 201	<b>21</b> day 202	<b>22</b> day 203	<b>23</b> day 204	<b>24</b> day 205	<b>25</b> day 206	<b>26</b> day 207
<b>27</b> week 31/day 208	<b>28</b> day 209	<b>29</b> day 210	<b>30</b> day 211	<b>31</b> day 212		

notes:

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# June 2009

monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 23/day 152	<b>1</b> day 153	<b>2</b> day 154	<b>3</b> day 155	<b>4</b> day 156	<b>5</b> day 157	<b>6</b> day 158
week 24/day 159	<b>8</b> day 160	<b>9</b> day 161	<b>10</b> day 162	<b>11</b> day 163	<b>12</b> day 164	<b>13</b> day 165
week 25/day 166	<b>15</b> day 167	<b>16</b> day 168	<b>17</b> day 169	<b>18</b> day 170	<b>19</b> day 171	<b>20</b> day 172
Practice 130-3:30 @TP	Practice 130-3:30 @TP	Practice 130-3:30 @TP	Practice 130-3:30 @TP	See My Locker tourney Lakeside	See My Locker tourney Lakeside	See My Locker tourney Lakeside
	Game @ 5:30 vs. LCC @ LCC					
week 26/day 173	<b>22</b> day 174	<b>23</b> day 175	<b>24</b> day 176	<b>25</b> day 177	<b>26</b> day 178	<b>27</b> day 179
Practice 130-3:30 @CV	Practice 130-3:30 @CV	Practice 130-3:30 @CV	Practice 130-3:30 @CV	USD Team Camp	USD Team Camp	USD Team Camp
		Game at 5:30 vs Escondido at Escodido	Game at 7:30 vs Cathedral at Westview			
week 27/day 180	<b>29</b> day 181	<b>30</b>				
Practice 130-3:30 @TP	Practice 130-3:30 @TP					
Game @ 8:30 vs LCC at LCC						

notes:

