

MOANALUA BOYS BASKETBALL

JV & VARSITY | OCTOBER 2026 PRACTICE & FALL LEAGUE CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				OCT 1 4-5:30 PM JV & VARSITY RECOVERY	OCT 2 JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 3 9 AM-2 PM FALL LEAGUE
OCT 4	OCT 5 JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 6 4-5:30 PM JV & VARSITY FILM STUDY	OCT 7 4-5:30 PM JV & VARSITY GAME CHANGER SPORTS LAB (Track)	OCT 8 4-5:30 PM JV & VARSITY RECOVERY	OCT 9 WE RISE TOURNAMENT Nānākuli High School 5 PM JV vs Kahuku JV 7 PM Varsity vs Leilehua	OCT 10 9 AM-2 PM FALL LEAGUE
OCT 11 WE RISE TOURNAMENT Nānākuli High School 10 AM Varsity vs Hi Lyfe (Kamehameha Hawai'i) 12 PM JV vs Campbell JV 1 PM Varsity vs Nānākuli 3 PM JV vs Mid-Pacific JV	OCT 12 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 13 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY FILM STUDY	OCT 14 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY GAME CHANGER SPORTS LAB (Track)	OCT 15 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY RECOVERY	OCT 16 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 17
OCT 18 8 AM-5 PM FALL LEAGUE	OCT 19 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 20 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY FILM STUDY	OCT 21 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY GAME CHANGER SPORTS LAB (Track)	OCT 22 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY RECOVERY	OCT 23 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 24 9 AM-1 PM FALL LEAGUE
OCT 25	OCT 26 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 27 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY FILM STUDY	OCT 28 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY GAME CHANGER SPORTS LAB (Track)	OCT 29 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS 4-5:30 PM JV & VARSITY RECOVERY	OCT 30 6:30-8 AM JV & VARSITY WEIGHTS / FREE THROWS JV: 3-5 PM Practice (Outdoor Court) VARSITY: 7-9 PM Practice	OCT 31 9 AM-2 PM FALL LEAGUE

OCT 1-9: No morning weights | Tue 4-5:30 PM Film Study | Wed 4-5:30 PM Game Changer Sports Lab (Track)

Thu 4-5:30 PM Recovery | JV: Mon/Fri 3-5 PM (Outdoor Court) | Varsity: Mon/Fri 7-9 PM

Beginning Oct 12: JV & Varsity weights/free throws resume Monday-Friday, 6:30-8 AM