



2022-2023

VJBL Training Schedule



WAVERLEY BASKETBALL ASSOCIATION

WHERE BASKETBALL ISN'T JUST A GAME...
IT'S LIFE



COURT	1	2	3	4	5	6
8:00am - 9:30am	14.1 G 14.2 G	14.3B 14.4B	14.1B 14.2B	12.3B 12.3G	12.1G 12.2G	12.1B 12.2B
9:30am - 11:00am	18.1G 16.1G	18.2G 18.3G	16.1B 16.2B	14.3G 14.4G	16.2G 16.3G	18.1B 18.2B
11:00am - 12:30pm	NBL1/BIG V 16.4 G	14.5 B 14.6 B	14.7 B 12.4 B	18.3B 18.4B	16.5 B 16.6 B	16.3B 16.4B
12:30pm - 2:00pm	NBL1/BIG V					



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VIBL
training schedule
SUNDAY TRAINING

WAVERLEY BASKETBALL ASSOCIATION

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IT'S LIFE



COURT	1	2	3	4
WEDNESDAY				
5:00pm – 6:20pm	14.1G 16.2G	14.1B 14.3B	18.1B 16.2B	12.1G 20.1B
THURSDAY				
5:00pm - 6:20pm	18.1G 18.2G	16.1G 12.2G	16.1B 18.2B	14.2G 12.2B

****TUESDAY NIGHT (Waverley Court 4) 5:00pm-6:20pm - 12.1 BOYS and 14.2 BOYS**



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MIDWEEK TRAINING