

Lewis & Clark Girls
Basketball
2022-23

Lewis & Clark HS
521 W. 4th Ave.
Spokane, WA 99204

Principal: Ivan Corley
AD: Dave Hughes

Head Coach: Gabe Medrano
gabrielm@spokanceschools.org
Phone: 509-354-5675

Var. Asst: Jordan Smith
Var. Asst: Willow Risinger

JV: Jennifer Dixon

Frosh/C Coach Katrina Bech



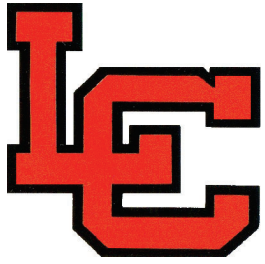
November 2022

Girls Practice Schedule



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|---------------------------------|--|
| <i>*Make sure you are signed up on FinalForms by 11/14/22</i> | | 1 | 2 Pre-Season Conditioning 6-7:30 | 3 | 4 | 5 |
| 6 | 7 Pre-Season Conditioning 6-7:30 | 8 | 9 Pre-Season Conditioning 6-7:30 | 10 | 11 No School Veterans Day | 12 |
| 13 | 14 Day 1 Practice/ Tryouts 3-5 Main Gym | 15 Day 2 Practice/ Tryouts 3-5 Main Gym | 16 Day 1 Practice/ Tryouts 3-5 Main Gym *Teams Made | 17 Practice 3-5 | 18 Practice 3-5 | 19 Practice 9a-11a |
| 20 | 21 Practice 5-7 | 22 Winter Sports Parent Meeting 6:30 Auditorium Practice 4:30-6:15 | 23 No School Practice 8-10 | 24 No School Thanksgiving No Practice | 25 Practice 5-7 | 26 Girls Host Jamboree @ LCHS 9-3 |
| 27 | 28 Practice 3-5 | 29 Post Falls @ LCHS | 30 Practice 3-5 | | | * |

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December 2022

Girls Practice Schedule



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------------|-------------------------------|--|---|-----------------------------------|--|
| * | | | | 1 Fitz Banquet Practice V Girls 3-5 JV/C 5-7 | 2 The Fitz @ LCHS | 3 The Fitz @ LCHS |
| 4 | 5 Practice 5-7 | 6 LCHS @ CVHS | 7 Practice 5-7 | 8 Practice 5-7 | 9 MTSHS @ LCHS | 10 Practice 11-1 |
| 11 | 12 Practice 3-5 | 13 LCHS @ CHS | 14 Wrest@LC JV/C 2:45-4:15 Varsity 6:30- 8:30 @SFCC | 15 Practice 3-5 | 16 GPHS @ LCHS | 17 All Girls Free-throw-A- Thon 9-11a |
| 18 | 19 No School No Practice | 20 No School No Practice | 21 No School No Practice | 22 No School No Practice | 23 No School No Practice | 24 No Practice |
| 25 | 26 No School Practice 5-7 | 27 No School Practice 11-1 | 28 No School Practice 11-1 | 29 No School LCHS @ Kennewick | 30 No School Hanford @ LCHS | 31 Practice 11-1 |

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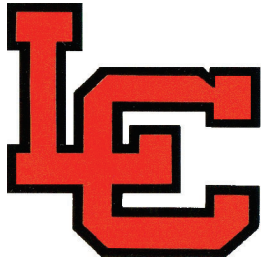
January 2023

Practice Schedule



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------------|------------------------------------|--|--|---------------------|--|
| 1 | 2 No School Practice 3-5 | 3 UHS @ LCHS | 4 Wrest@LC JV/C 2:45-4:15 Varsity 3:30-5:30 @ SFCC | 5 Practice 3-5 | 6 NCHS @ LCHS | 7 Practice 9-11 |
| 8 | 9 Practice 5-7 | 10 LCHS @ MHS | 11 Wrest@LC JV/C 2:45-4:15 Varsity 3:30-5:30 @ SFCC | 12 Practice 5-7 | 13 LCHS @ FHS | 14 Practice 9-11 |
| 15 | 16 No School Practice 3-5 | 17 LCHS @ MTSHS | 18 Practice 3-5 | 19 Wrest@LC JV/C 2:45-4:15 Varsity 6-8 @ SFCC | 20 CHS @ LCHS | 21 Wrest@LC Varsity 10-12 @ SFCC |
| 22 | 23 Practice 5-7 | 24 LCHS @ GPHS | 25 Practice 5-7 | 26 Practice 5-7 | 27 LCHS @ UHS | 28 Practice 9-11 |
| 29 | 30 Practice 3-5 | 31 Rubber Chicken @ Arena | | | | |

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February 2023

Practice Schedule



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------|---|---|---|--------------------------------|---|
| | | | 1 JV/C games @ LCHS V Practice 3-5 | 2 Practice 3-5 | 3 RHS @ LCHS | 4 Practice 11-1 |
| 5 | 6 Practice 5-7 | 7 End Regular Season LCHS @ CVHS | 8 Varsity Practice 3-5 | 9 Practice 3-5 | 10 Practice 3-5 | 11 Districts @ Higher Seed TBD |
| 12 | 13 Practice 3-5 | 14 Districts @ Higher Seed TBD | 15 Practice 3-5 | 16 Districts @ Higher Seed TBD | 17 Districts @ Arena TBD | 18 Districts @ Arena TBD |
| 19 | 20 Practice 3-5 | 21 Practice 3-5 | 22 Practice 3-5 | 23 Practice 3-5 | 24 Practice 3-5 | 25 Practice 9-11 |
| 26 | 27 Practice 3-5 | 28 Practice 3-5 | | | | |

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