

# JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>New Year's Day</small>	2	3	4	5 <small>EuroCup Women's Playoffs Begin</small>	6	7 <small>Harlem Globetrotters Day</small>
8	9	10	11	12	13	14
15	16 <small>Martin Luther King, Jr. Day</small>	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTHLY GOALS:

**NEW YEAR  
BETTER YOU**

"The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move."  
**JOHN WOODEN**

# FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Girls & Women in Sports Day National Signing Day	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17 NBA All-Star Weekend	18 NBA All-Star Weekend
19 NBA All-Star Game	20 President's Day	21 Mardi Gras	22	23	24	25
26	27	28 #DrDishFam NBA All-Star Luka Doncic's Birthday				

MONTHLY GOALS:

" I'm still waiting for perfection. In the meantime, I'll settle for persistence. "

**BO RYAN**

# MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 #DrDishFam NBA Player Cameron Johnson's Birthday	4
5	6	7 National Sportsmanship Day	8 FIBA Euro Cup Playoffs Begin	9	10	11
12 Selection Sunday	13	14 Men's First Four EuroLeague Women's Playoffs	15 Men's First Four Women's First Four	16 Men's First Round Women's First Four	17 St. Patrick's Day Men's First Round Women's First Round	18 Men's Second Round Women's First Round
19 Men's Second Round Women's Second Round	20 Women's Second Round	21	22	23 Men's Sweet 16	24 Men's Sweet 16 Women's Sweet 16	25 Men's Elite 8 Women's Sweet 16
26 Men's Elite 8 Women's Elite 8	27 FIBA 3x3 Asia Cup Begins Women's Elite 8	28	29	30	31 Women's Final Four	

MONTHLY GOALS:

"A lot of people notice when you succeed, but they don't see what it takes to get there."

**DAWN STALEY**

# APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 April Fools Day Men's Final Four
2 FIBA 3x3 Asia Cup Ends Women's National Championship	3 Men's National Championship	4	5 EuroCup Women's Finals Begin	6 National Student Athlete Day	7	8
9 Easter Regular NBA Season Concludes	10	11 Play-In NBA Tournament	12 EuroCup Women's Finals End EuroCup Playoffs End Play-In NBA Tournament	13 Play-In NBA Tournament	14 Play-In NBA Tournament	15 NBA Playoffs begin
16 EuroLeague Women's Finals	17	18 EuroLeague Playoffs Begin	19	20	21	22 Earth Day
23	24	25 #DrDishFam NBA Hall of Famer Tim Duncan's Birthday	26 FIBA EuroCup Final	27 #DrDishFam NBA Hall of Famer George 'Iceman' Gervin's Birthday	28	29 Draw for FIBA World Cup 2023
30						

MONTHLY GOALS:

" Good, better, best.  
Never let it rest. Until  
your good is better and  
your better is best. "

**TIM DUNCAN**

# MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 EuroCup Finals EuroLeague Finals	4	5 Cinco de Mayo	6
7	8 #DrDishFam 4x WNBA Champion Lindsay Whalen's Birthday	9	10	11	12 Basketball Champions League Final Four	13 Basketball Champions League Final Four
14 Mother's Day	15 #DrDishFam Ersan Ilyasova's Birthday	16	17	18	19 WNBA Regular Season begins	20
21	22	23	24	25	26	27
28	29 Memorial Day	30 Dr. Dish Basketball's Birthday	31			

MONTHLY GOALS:

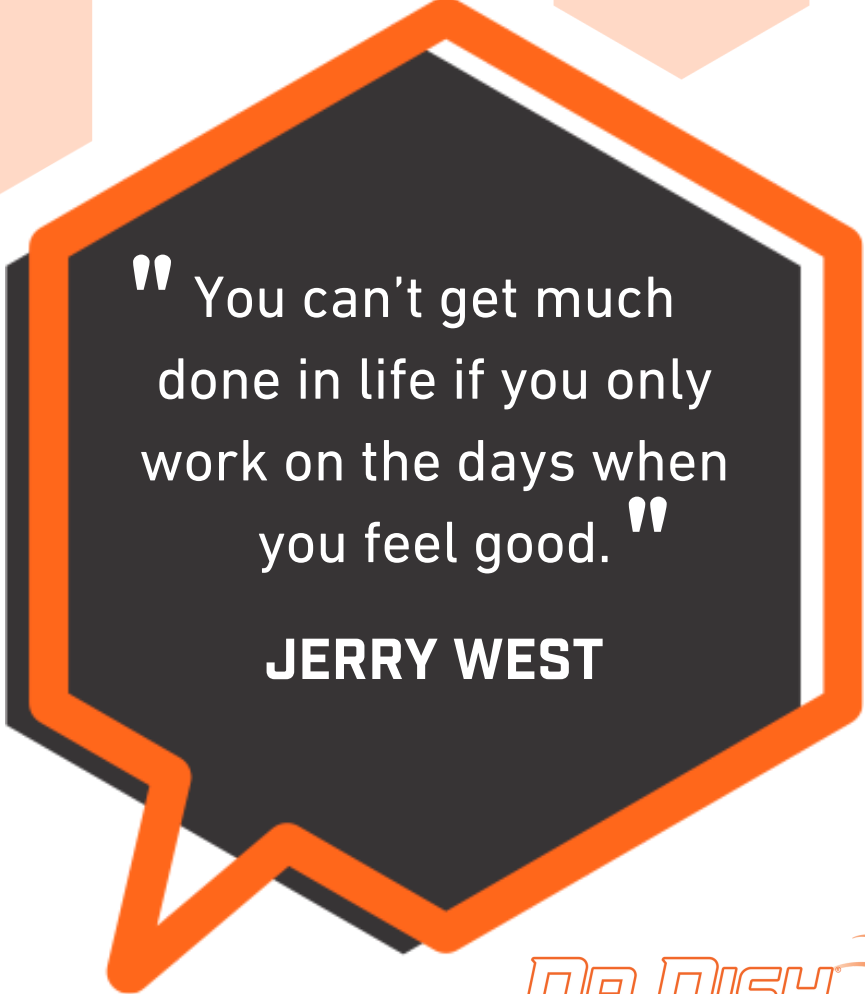
" Failure does not come from losing, but from not trying."

**LARRY BROWN**

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NBA Finals begin	2	3
4	5	6	7	8	9	10
11	12 #DrDishFam NBA Champion Jrue Holiday's Birthday	13	14	15 FIBA Women's EuroBasket Begins	16	17
18 Father's Day	19 Juneteenth	20 #DrDishFam WNBA Champion Allie Quigley's Birthday	21	22 NBA Draft	23	24
25 FIBA Women's EuroBasket Ends	26	27	28	29	30	

MONTHLY GOALS:



“ You can't get much done in life if you only work on the days when you feel good. ”

**JERRY WEST**

# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <small>FIBA Women's AmeriCup Begins</small>
2 <small>FIBA U19 Men's Basketball World Cup Ends</small>	3	4 <small>Independence Day</small>	5	6	7	8
9 <small>FIBA Women's AmeriCup Ends</small>	10	11	12	13	14	15 <small>WNBA All-Star Game</small>
16 <small>FIBA Women's Asia Cup Begins</small>	17	18	19	20	21	22
23 <small>FIBA Women's Asia Cup Ends</small>	24	25	26	27	28 <small>FIBA Women's AfroBasket Begins</small>	29
30	31					

MONTHLY GOALS:



“Talent is never enough. With few exceptions, the best players are the hardest workers.”  
**MAGIC JOHNSON**

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			#DrDishFam 6x WNBA All-Star Skylar Diggins-Smith's Birthday			
6	7	8	9	10	11	12
FIBA Women's AfroBasket Ends	1936 First Olympic Games with Basketball Competition					
13	14	15	16	17	18	19
	WNBA Commissioner's Cup Championship Game					
20	21	22	23	24	25	26
			Kobe Bryant's Birthday	Kobe Bryant Day	FIBA Basketball World Cup Begins	
27	28	29	30	31		

MONTHLY GOALS:



“ It's the one thing you can control. You are responsible for how people remember you—or don't. So don't take it lightly. ”

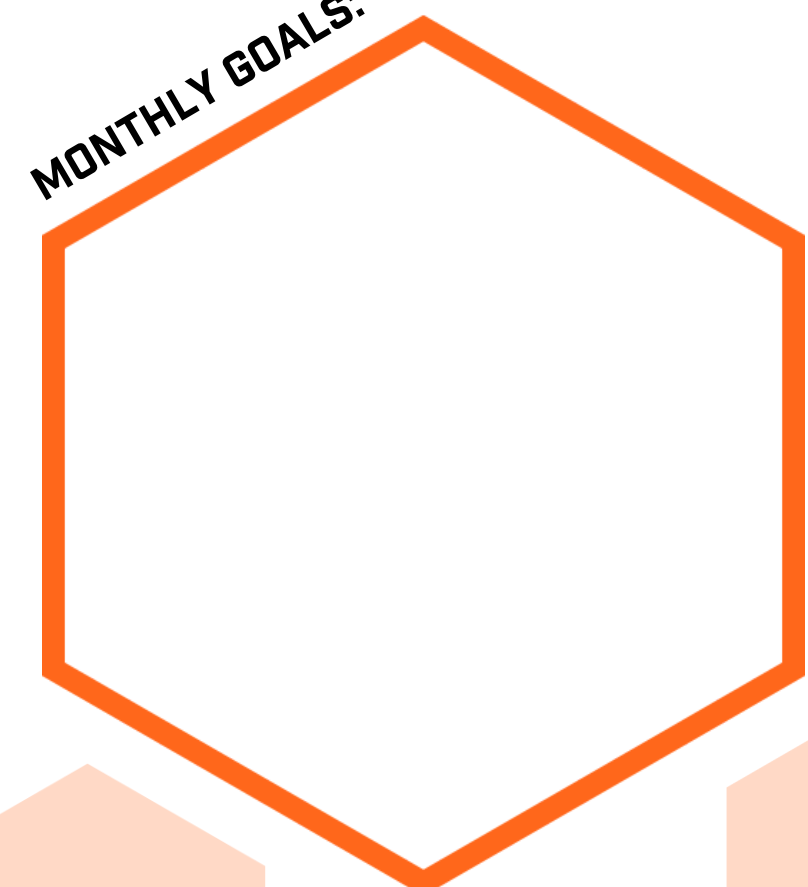
**KOBE BRYANT**



# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 <small>Labor Day</small>	5 <small>FIBA 3x3 Europe Cup Begins</small>	6	7 <small>FIBA 3x3 Europe Cup Ends</small>	8	9
10 <small>Grandparents Day FIBA Basketball World Cup Ends WNBA regular season concludes</small>	11	12	13	14	15 <small>#DrDishFam NBA Player Dennis Schroder's Birthday</small>	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MONTHLY GOALS:



“ Never give up.  
Failure and rejection  
are just the first  
steps to succeeding.”

**JIM VALVANO**

# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>National Sports Day</small>	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 <small>Halloween</small>				

MONTHLY GOALS:



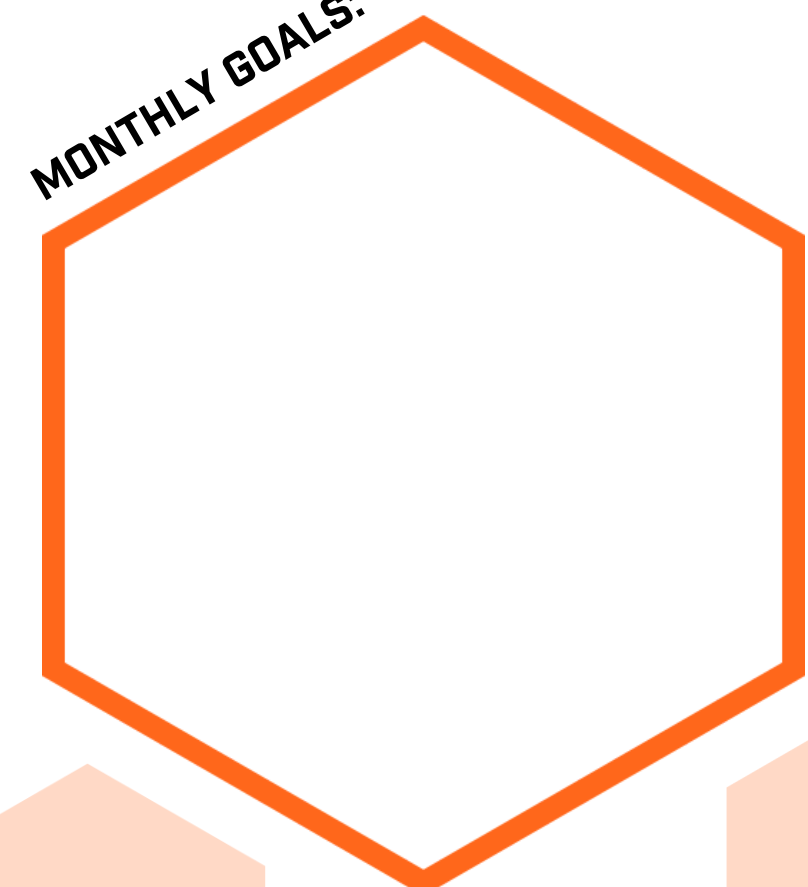
"You can't get much done in life if you only work on the days when you feel good."

**JERRY WEST**

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			FIBA 3x3 Africa Cup Begins			
5	6	7	8	9	10	11
	National Basketball Day	Election Day				Veteran's Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Thanksgiving	Black Friday		
26	27	28	29	30		
	Cyber Monday					

MONTHLY GOALS:



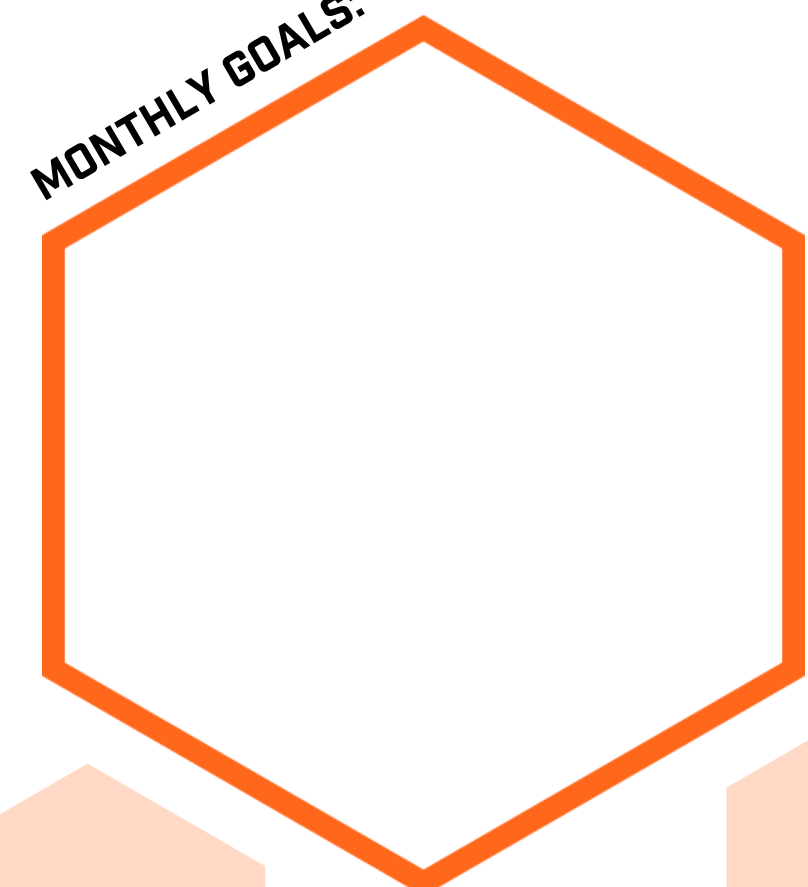
"The moment you give up is the moment you let someone else win."

**KOBE BRYANT**

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 National Play Basketball Day
3	4	5 World Trick Shot Day	6	7 Hanukkah Begins	8	9
10	11	12	13	14	15 Hanukkah Ends	16
17	18	19	20	21 1891 - Dr. James Naismith invents basketball	22	23
24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27	28	29	30
31 FIBA 3x3 Africa Cup Ends New Year's Eve						

MONTHLY GOALS:



“ You have to love your sport. Your passion and dedication can't be some-time, part-time, or spare-time. It has to be all-time. ”

**BREANNA STEWART**