

Boys Basketball Fall Workout Schedule

You must be academically eligible and have a current physical on file at school in order to participate. If you began the school year playing on a team here at school and quit, you cannot take part in our workouts until that particular sports' season ends.

September 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Early Rel.	5
6	7 Labor Day	8 Information mtg. Caps Class Big Gym	9	10	11	12
13	14 Condition 2:40-4:00	15 Open Gym 3:00-4:30	16 Lift 2:40-4:00	17 CrossFit 2:40-4:00	18	19
20	21 Condition 2:40-4:00	22 Open Gym 3:00-4:30	23 Workday Off	24 CrossFit 2:40-4:00	25	26
27	28 Condition 2:40-4:00	29 Open Gym 3:00-4:30	30 Lift 2:40-4:00			

Meet on the track for conditioning and meet in the auto shop weight room for lifting & crossfit. If you are late, you will not be allowed to participate for that day,, unless you have a valid excused note from a teacher (ex: make up test).

Boys Basketball Fall Workout Schedule

You must be academically eligible and have a current physical on file at school in order to participate. If you began the school year playing on a team here at school and quit, you cannot take part in our workouts until that particular sports' season ends.

October 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CrossFit 2:40-4:00	2	3
4	5 Condition 2:40-4:00	6 Off No Open Gym	7 Lift 2:40-4:00	8 CrossFit 2:40-4:00	9	10
11	12 Conditon 2:40-4:00	13 Open Gym 3:00-4:30	14 Lift 2:40-4:00	15 CrossFit 2:40-4:00	16 Early Rel.	17
18	19 Conditon 2:40-4:00	20 Open Gym	21 Lift 2:40-4:00	22 CrossFit 2:40-4:00	23	24
25	26	27	28	29	30	31
	Nov 2nd Tryouts Begin					

Meet on the track for conditioning and meet in the auto shop weight room for lifting & crossfit. If you are late, you will not be allowed to participate for that day,, unless you have a valid excused note from a teacher (ex: make up test).