

Dynamic Stretching Warmup



(Sideline to Sideline)

Power Skips
Bounders
Squat Jumps
Leg Tucks
Open the Gate
Toe Touches
High Knees
Butt Kicks
Finger Pads w/Ball
Around the World w/Ball
Lunges w/Ball

Hard. Smart. Together.

McFarland Girls Basketball Boosters

MGBB programming is available for girls currently registered in the McFarland School District.