

Fall Men's Basketball workouts

Physicals are on site September 18th - 12 - 2 pm

Month	Day	Time
September	9th	5:00 - 6:45 PM
September	10th	5:00 - 6:45 PM
September	14th	5:00 - 6:45 PM
September	16th	5:00 - 6:45 PM
September	17th	5:00 - 6:45 PM
September	21st	5:00 - 6:45 PM
September	23rd	5:00 - 6:45 PM
September	24th	5:00 - 6:45 PM
September	28th	5:00 - 6:45 PM
September	30th	5:00 - 6:45 PM

We will meet in the weight room to start fall workouts at 5 pm

Grades 7th - 10th