

### **2016 Girls Basketball Pre Season Workout Schedule**

\*All pre season workouts are not mandatory and are only for girls not participating in a fall sport

\*Schedule is subject to change

Tuesday, August 30- 3:30-4:30 (varsity gym)

Thursday, September 1- 3:30-4:30 (varsity gym)

Friday, September 9- 3:30-4:30 (varsity gym)

Monday, September 12- 3:30-4:30 (varsity gym)

Thursday, September 15- 3:30-4:30 (varsity gym)

Tuesday, September 20- 3:30-4:30 (varsity gym)

Tuesday, September 27- 3:30-4:30 (varsity gym)

\*Week of October 3 is TBA due to volleyball city tournament\*

Wednesday, October 12- 3:30-4:30 (varsity gym)