

BARTRAM TRAIL BASKETBALL

PRESEASON CONDITIONING/OPEN GYM 2018



SEPTEMBER 2018						
S	MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7	8
9	10 CONDITIONING: 4-5	11	12 OPEN GYM/COND: 7:15-8:30 AM	13	14	15
16	17 CONDITIONING: 4-5	18	19 OPEN GYM 7:15- 8:30 AM	20	21	22
23	24 CONDITIONING: 4-5	25	26 OPEN GYM 7:15- 8:30 AM	27	28	29 TBS
OCTOBER 2018						
S	MON	TUES	WED	THURS	FRI	SAT
30	1 CONDITIONING: 4-5	2	3 OPEN GYM 7:15- 8:30 AM	4	5	6
7	8 CONDITIONING: 4-5	9	10 OPEN GYM 7:15- 8:30 AM	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5 TRYOUTS TBA					

- In order to participate in preseason conditioning/open gym student athletes must be registered on:
 - <http://registermyathlete.com/schools/>
 - Physical and necessary forms completed.
- Preseason conditioning/open gym is strongly encouraged for student-athletes who are interested in trying out for basketball.
- Fall sport athletes should not attend but rather focus on their fall sport and school.

Thank you & Go Bears!

Bears Basketball Coaching Staff

#APUSH

WE/me

@btbasketball