

BARTRAM TRAIL BASKETBALL

PRESEASON CONDITIONING/OPEN GYM 2019



SEPTEMBER 2019						
S	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 CONDITIONING: 4-5	17	18 OPEN GYM 7:15- 8:30 AM	19	20	21
22	23 CONDITIONING: 4-5	24	25 OPEN GYM 7:15- 8:30 AM	26	27	28
OCTOBER 2019						
S	MON	TUES	WED	THURS	FRI	SAT
29	30 CONDITIONING: 4-5	1	2 OPEN GYM 7:15- 8:30 AM	3	4	5
6	7 CONDITIONING: 4-5	8	9 OPEN GYM 7:15- 8:30 AM	10	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 TRYOUTS TBA					

- In order to participate in preseason conditioning/open gym student athletes must be registered on:**

- <https://www.athleticclearance.com/>
- 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