

SOHS LADY DRAGONS' BASKETBALL - Pre-Season / 2008-09

8/26/2008

<u>AUGUST - '08</u>		<u>SEPTEMBER - '08</u>		<u>OCTOBER - '08</u>		<u>IMPORTANT NOTES:</u>
1	M / 1	**LABOR DAY - no school***		1	# 9 Cond./AUD 3:30-5:15	.
2		2	open gym/AUD 3:30-5:15	2		1) You need to have at least one
3		3		3	# 10 Cond./AUD. 3:30-5:15	person to <u>CLEAN STADIUM</u> after
4		4	open gym/GYM 3:30-5:15	4		home football games (more is
5		5	<u>** CLEAN STADIUM **</u>	5		nice). <u>We will begin immediately</u>
6		6		M / 6		<u>after each home football game.</u>
7		7		7	# 11 Cond./TRACK 3:30-5:15	2) <u>NON-FALL SPORT PLAYERS</u>
8	M / 8			8	# 12 Cond./AUD 3:30-5:15	<u>MUST ATTEND AT LEAST 12</u>
9		9	#1 Cond./GYM 3:30-5:15	9	# 13 Cond./G&OUT 3:30-5:15	<u>CONDITIONING WORKOUTS.</u>
10		10		10	<u>** CLEAN STADIUM **</u>	
11		11	#2 Cond./G&OUT 3:30-5:15	11		3) <u>PERMISSION FORMS SIGNED</u>
12		12	<u>** CLEAN STADIUM **</u>	12		<u>BY PARENTS MUST BE TURNED</u>
13		13		M / 13	# 14 Cond. / GYM. 3:30-5:15	<u>IN BEFORE PARTICIPATING IN</u>
14		14		14	# 15 Cond. / GYM. 3:30-5:15	<u>OPEN GYM OR CONDITIONING.</u>
15	M / 15			15	1st Practice TBA	
16		16	#3 Cond./GYM 3:30-5:15	16	2nd Practice TBA	4) <u>PHYSICAL FORMS must be</u>
17		17	# 4 Cond./AUD 3:30-5:15	17	3rd Practice TBA	<u>completed and turned no later</u>
18		18		18		<u>than Oct. 10.</u>
19		19	# 5 Cond./AUD. 3:30-5:15	19		
20		20		M / 20		5) <u>Nov. 7 is Senior Night, and</u>
21		21		21		<u>is our night for parents to</u>
22	M / 22			22		<u>work the football concessions.</u>
23		23	# 6 Cond./GYM 3:30-5:15	23		<u>also ** CLEAN STADIUM **</u>
24		24		24		
M / 25		25	# 7 Cond./G&OUT 3:30-5:15	25		
26		26		26		
27	open gym/AUD. 3:30-5:15	27		M / 27		6.) <u>Practice schedules will be</u>
28		28		28		<u>produced and distributed later.</u>
29	M / 29			29		
30		30	# 8 Cond./AUD. 3:30-5:15	30		
31				31		
						<u>THIS SCHEDULE IS</u>
<u>** NOV. 7 WE WILL ALSO CLEAN STADIUM **</u>						<u>SUBJECT TO CHANGE!</u>