

Fall Basketball Schedule – 2019

Open Gym Dates

Sept. 17th 19th 26th

October 1st 2nd 8th 10th

6 PM -8 PM

Conditioning

Conditioning at the Track 4PM

Sept. 16th 18th 23rd 25th

October 2nd 7th 9th 14th 16th

All players need to be able to run 1.5 miles in 9 minutes

Daily workout for each player

150-200 push ups

200 sit ups

150 squats

Ball handling video sent out

If you are missing any of these dates let Mason know 1 day prior

***It is up to each player to get in shape and do the work. Failure to do so will hurt your chances to make the team or cost you playing time.**