**DESOTO SCHOOL LADY T-BIRDS**

**2022** **SUMMER WORKOUT/BASKETBALL SCHEDULE**

**DATE ACTIVITY SR High JR High**

5/31-6/3 Workouts/Basketball Practice 10:00-11:30 11:30-1:00

6/12-14 Harding University Senior High Team Camp TBA No Practice

Logo, icon

Description automatically generated6/16-18 Harding University Junior High Team Camp No Practice TBA

6/20-23 MRA Senior High Team Camp TBA No Practice

6/27-7/1 Workouts/Basketball Practice 10:00-11:30 11:30-1:00

7/4-7/8 Dead Week No Practice No Practice

7/11-15 Workouts/Basketball Practice 10:00-11:30 11:30-1:00

7/18-22 Workouts/Basketball Practice 10:00-11:30 11:30-1:00

7/25-29 Workouts/Basketball Practice 10:00-11:30 11:30-1:00

8/5 Pentathlon/Decathlon 1:00 1:00

\* Schedule may be subject to change (any changes will be posted in GroupMe)

\* Harding and MRA are overnight camps (information will be posted in GroupMe)

**SUMMER WORKOUT/BASKETBALL GUIDELINES**

* BE EARLY! TO BE EARLY IS TO BE ON TIME!
* EVERYBODY GETS 5 MISSES
* 3 TARDIES = A MISS
* IT IS THE PLAYERS’ RESPONSIBILITY TO COMMUNICATE WITH ME ABOUT MISSES (NOT THE PARENT)
* DOCTOR, DENTIST, ORTHODONTIST OR ANY HEALTH-RELATED APPOINTMENTS ARE EXCUSED
* ANY OTHER MISSES WILL BE MANAGED ON A CASE-BY-CASE BASIS
* AFTER 5 MISSES THE PLAYER WILL HAVE TO MAKE UP EACH WORKOUT. IT WILL BE MY CHOICE, EITHER 2 FITNESS CONDITIONING TESTS OR TWO WORKOUT SESSIONS (10:00-1:00)
* EVERYBODY NEEDS TO HAVE BASKETBALL AND TENNIS SHOES
* IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ME THROUGH A PRIVATE MESSAGE IN THE GROUPME.

OUR GAME. HIS GLORY.

Heart and hustle