



# **BOYS BASKETBALL SPRING 24' SCHEDULE**

**WEEK OF APRIL 1ST**

**Mon, Wed, Thurs Weights - 4:30 pm - 5:30 pm  
Skill Work - 5:30 pm - 7:30 pm**

**APRIL 8TH - MAY 31ST**

**Weights - M, W, F - 4:30 pm - 5:30 pm  
Skill Work - T, TH - 5:30 pm - 7:30 pm**

**100% CLUB**

**Athletes must attend at least 80% (23 of 29) of the  
off-season workouts to be eligible for portions of  
the summer schedule including the lock-in and  
team camps.**

**QUESTIONS: [SCHSBOYSBASKETBALL@D49.ORG](mailto:SCHSBOYSBASKETBALL@D49.ORG)**