



CATHOLIC CENTRAL GIRLS BASKETBALL

SUMMER SCHEDULE (2019)

SUMMER DEAD WEEK:

JULY 1ST - JULY 7TH

- NO ATHLETIC ACTIVITIES & NO MORNING WORKOUTS

STRENGTH AND CONDITIONING AT THE CAT:

- STARTS JUNE 11TH - AUGUST 1ST
 - MON., TUES. & THURS. (7:30-9:00AM)
 - OPEN TO INCOMING FRESHMAN - 12TH GRADERS.

SKILL WORK AT THE CAT:

- STARTS JUNE 11TH - AUGUST 1ST
 - MON., TUES. & THURS. (7:30-9:00AM)

VARSITY SUMMER GAME SCHEDULE:

- JUNE 14TH WEST MICHIGAN SHOOTOUT (9:00AM-2:00PM)
- JUNE 20TH - 21ST OTSEGO.....TBD
- JUNE 26TH - 28TH GVSUTBD

JV SUMMER GAME SCHEDULE:

- JUNE 14TH WEST MICHIGAN SHOOTOUT (9:00AM-2:00PM)
- JUNE 26TH - 28TH GRANDVILLE HS (5:00-7:00PM)

Questions to: girlsbasketball@grcatholiccentral.org