

## Capital Boy's Basketball Pre-Season Workouts 2018

October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 (Homecoming Week)	9	10 <i>Support Cross Country &amp; Girl's Volleyball at their Senior Night!</i>	11	12	13 <i>(Homecoming Dance in Aux)</i>
14	15	16	17 Morning Workout 6:30am-7:15am	18 Morning Workout 6:30am-7:15am	19	20
21	22 Open Gym 6:00p- 7:30p	23 Open Gym 6:00p-7:30p	24 <i>(P-T Conferences)</i> Morning Workout 6:30am-7:15am	25 <i>(P-T Conferences)</i> Morning Workout 6:30am-7:15am	(No School) 26	27
28	29	30 Open Gym 6:00p-7:30p	31 Morning Workout 6:30am-7:15am	Nov. 1 Morning Workout 6:30am-7:15am  Open Gym 6:00p-7:30p	Nov. 2	Nov. 3

### Reminders

- Tryouts begin November 9<sup>th</sup>. Teams will be announced after the 3<sup>rd</sup> day of tryouts
- All players (who did not play a Fall Sport) need to have paperwork filled out. For paperwork, please visit: <http://www.capitaleagles.org/main/adnews/ID/41949919>
  - *If you are a Freshmen or Junior, you'll need an updated Sports Physical on file.*
- Please note: If you do not have paperwork completed by Nov. 9<sup>th</sup>, you will be unable to participate in Tryouts!

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5 Pre-Tryout Workouts! 7:00pm-8:00pm	6 <i>(No Aux due to Voting)</i> Pre-Tryout Workouts! 7:00pm-8:00pm	7 Morning Workout 6:30am-7:15am Pre-Tryout Workouts! 7:00pm-8:00pm	8 Morning Workout 6:30am-7:15am Pre-Tryout Workouts! 7:00pm-8:00pm	9 Tryouts Day 1	10 Tryouts Day 2
11 <i>(Thank a                      Veteran for                      their service,                      today!)</i>	12 Tryouts Day 3 (Teams announced afterwards)	13	14	15	16	17
18	19 (Thanksgiving Break)	20	21	22 Happy Thanksgiving!	23	24 <b>First Game vs.                      Timberline!</b>
25	26	27	28	29	30	Dec. 1

# Capital Tough!