

Capital Boy's Basketball Pre-Season Workouts 2019

October/November 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	(No School) 25	26
27	28 Pre-Season Player Meeting at lunch (10 th -12 th Grades)	29 Open Gym 3:30-4:30pm	30 Open Gym 3:30-4:30pm	31	1	2
3	4 Morning Workout 6:00am-7:15am Pre-Tryout Workouts 7:00pm-8:00pm	5 Morning Workout 6:00am-7:15am Pre-Tryout Workouts! 7:00pm-8:00pm	6 Pre-Tryout Workouts 7:00pm-8:00pm	7 Morning Workout 6:00am-7:15am Pre-Tryout Workouts 7:00pm-8:00pm	8	9
10 	11 Pre-Tryout Workouts! 7:00pm-8:00pm <i>(Thank a Veteran for their service, today!)</i>	12 Pre-Tryout Workouts! 7:00pm-8:00pm	13 Morning Workout 6:30am-8:00am Pre-Tryout Workouts! 7:00pm-8:00pm	14 Morning Workout 6:30am-7:15am Pre-Tryout Workouts! 7:00pm-8:00pm	15 Tryouts Day 1	16 Tryouts Day 2

Reminders

- Tryouts begin November 15th. Teams will be announced after the 3rd day of tryouts
- All players (who did not play a Fall Sport) need to have MEDICAL 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. 15th, you will be unable to participate in Tryouts!