

Dow Charger Men's Basketball

Fall 2019 Workout Schedule



All times are subject to change due to fall sports priority as needed

9/16	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
9/19	Thurs	3:30-5:30	Strength & Conditioning / 4 Player Rotations / Open Gym *Home volleyball vs Powers Catholic HS
9/23	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
9/26	Thurs	3:30-5:30	Strength & Conditioning / 4 Player Rotations / Open Gym (Volleyball away)
9/30	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
10/3	Thurs	3:30-5:30	Strength & Conditioning / 4 Player Rotations / Open Gym (Volleyball away) (Coach Dickerson away)
10/7	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
10/10	Thurs	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
10/14	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
10/17	Thurs	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
Dow vs Midland week - No Open Gym. Weight Room and 4 player rotations TBD			
10/21	Mon	3:30-5:30?	Strength & Conditioning with 4 player rotations (TBD)
10/24	Thurs	6:00-8:00?	Strength & Conditioning with 4 player rotations (TBD)
10/28	Mon	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym
10/31	Thurs	6:00-8:00	Strength & Conditioning / 4 Player Rotations / Open Gym

NO MORE OPEN GYM - MHSAA Sport Specific 14 Day Dead Time (only 4 player workouts)

11/4 - 11/17 Strength & Conditioning & 4 Player Rotations TBD

11/18 - 11/20 Mon-Wed BOYS BASKETBALL TRYOUTS, Times TBA