

MORNING WORKOUT SESSIONS

Coach Anderson will open the high school gym in the morning for extra shooting. This is optional but highly recommend to become better basketball players. Attending morning workout sessions does not replace practice after school.

November 2011	
21st	6:00-7:15 a.m.
22nd	6:00-7:15 a.m.
23rd	6:00-7:15 a.m.
30th	6:00-7:15 a.m.

December 2011	
1st	6:00-7:15 a.m.
2nd	6:00-7:15 a.m.
5th	6:00-7:15 a.m.
6th	6:00-7:15 a.m.
7th	6:00-7:15 a.m.
9th	6:00-7:15 a.m.
12th	6:00-7:15 a.m.
14th	6:00-7:15 a.m.
15th	6:00-7:15 a.m.
19th	6:00-7:15 a.m.
21st	6:00-7:15 a.m.
22nd	6:00-7:15 a.m.
26th	<u>8:00-10:00 a.m.</u>
30th	6:00-7:15 a.m.

January 2012	
3rd	6:00-7:15 a.m.
4th	6:00-7:15 a.m.
5th	6:00-7:15 a.m.
10th	6:00-7:15 a.m.
12th	6:00-7:15 a.m.
17th	6:00-7:15 a.m.
19th	6:00-7:15 a.m.
23rd	6:00-7:15 a.m.
24th	6:00-7:15 a.m.
26th	6:00-7:15 a.m.
30th	6:00-7:15 a.m.

February 2012	
2nd	6:00-7:15 a.m.
7th	6:00-7:15 a.m.
9th	6:00-7:15 a.m.
13th	6:00-7:15 a.m.
14th	6:00-7:15 a.m.
15th	6:00-7:15 a.m.