



MMS Lady Mustangs Basketball

Preseason Conditioning Schedule 2025

Athletes **MUST** have a current physical (after April 1) and all other paperwork turned in to Planet High School to attend conditioning and try out!

Date	Time	Activity
Oct 1, 2025	4:00-5:00	Track/Weight Room
Oct 6, 2025	4:00-5:00	Track/Weight Room
Oct 8, 2025	4:00-5:00	Gym Practice *depending on gym availabilit
No practice October 13th		
Oct 15, 2025	4:00-5:00	Gym Practice
Oct 20, 2025	4:00-5:00	Gym Practice
Oct 22, 2025	4:00-5:00	Gym Practice

***Locations/Activities subject to change**

Basketball Tryouts:

Nov 3, 2025 : 4:00-5:30

Nov 4, 2025 : 4:00-5:30

Nov 5, 2025 : 4:00-5:30