

LAKE BELTON —BASKETBALL—

WEEKLY SCHEDULE

Aug 26 – Aug 30, 2024

Monday

1st Period | 8:30am | Basketball
8th Period | 7:15am | Weights
8th Period | 3:30-4:25 | Basketball
Open Gym | 4:25-5:30

Tuesday

1st Period | 8:30am | Basketball
8th Period | 3:30-4:25 | Basketball
Open Gym | 4:25-5:30

Wednesday

1st Period | 8:30am | Basketball
8th Period | 7:15am | Weights
8th Period | 3:30-4:25 | Basketball

Thursday

1st Period | 8:30am | Basketball
8th Period | 3:30-4:25 | Basketball
Open Gym | 4:25-5:30

Friday

1st Period | 8:30am | Basketball
8th Period | 7:15am | Weights
8th Period | 3:30-4:25 | Basketball

Announcements

We had a great first full week of basketball. We will continue to have morning workouts on Monday, Wednesday and Friday this week. Open gym will be Monday, Tuesday and Thursday and we encourage all of our guys to utilize this time to work on their shooting.

We are very close to finalizing our basketball schedule for this season. We will be posting it to the website in the next week or two.

Open Gym: 4:30-5:30

Monday
Tuesday
Thursday

If you have any questions please email me at
zane.johnston@bisd.net