



Hope Girls Basketball Pre-Season Workouts



1. Any 6th, 7th, or 8th grade girl that is **not** on a current school sport team (Hope Sports Team).
2. The workouts will be in the Hope Gym from 3:30 - 5:15pm. The dates are September 28, October 14, October 21.
3. **You must have a current physical to attend these workouts, no exceptions. You will not be allowed to attend without a physical on file.**
4. Upload your physical to Dragonfly. Come see me if you need help - Room 518 on 8th grade hall.
5. You must complete the online registration to attend. Click the QR code to access the registration form. This form is also on the Hope website under Athletics > Girls Basketball > Registration Links Tab 
6. The workouts will focus on skill development and conditioning so please be prepared to work hard. Attending these workouts will prepare you for basketball tryouts, **NOT** solidify a spot on the team.
7. Please wear athletic clothing.
8. Please make sure your rides are on time (5:15pm). This is important!!

*** Workouts are closed. No parents or guardians.

*** Come see me if you have any questions. Coach Garriss