

Basketball Fall Conditioning 2025

- Starts Monday, Sept 29. See the attached calendars for dates.
- We will start around 3:00. If you are late due to seeing a teacher after school, please bring a pass. Meet in the hallway outside of the locker rooms. Our location will depend on what gyms are available due to volleyball. We will finish between 3:45-4:00.
- Most days we will be inside doing work on the basketball court. It is recommended to wear basketball shoes. We might have a few days outside on the track or football field. We will try to let you know in advance so you can wear different shoes.
- KSHSAA rules don't allow us to do anything with a basketball. This will just be conditioning and agility/plyo drills.
- Tryouts start on Monday, Nov. 17. We will have a meeting later in Oct to go over all tryout details.
- You must have all mandatory paperwork (physical, concussion, drug/alcohol, etc) turned in before tryouts. They are all turned in online this year on the Bound website.

This conditioning program is not mandatory, but neither is your playing time or spot on the team. If you don't have any other conflicts, then it is strongly recommended that you attend.