



Lady Warrior Basketball Conditioning Days:

Basketball tryouts for 7th & 8th grade students will be on October 29th-30th. The girl's team will be conditioning on certain days during the fall before tryouts. If you are a girl in the 7th or 8th grade and are interested in playing basketball for WOMS you are strongly encouraged to attend these conditioning days. They are not mandatory. Athletes currently playing a fall sport at WOMS will need not attend. We will condition on the following days from 4-5pm in the gym.

Thursday, August 30

Thursday, Sept 6

Monday, Sept 10

Monday, Sept 17

Monday, Oct 1

Tuesday, Oct 9

Attending these conditioning practices does not guarantee that you will be on the WOMS basketball team. These practices will help you prepare for tryouts at the end of October.

Thank you,
Coach Tara Burnette

