

SUMMER WORKOUTS 2019

The following workouts are designed for Eastview students who plan on trying out for a team next season. The workouts starting Monday, June 10th from 3:30 – 5:30 pm will always start in the weight room from 3:30 – 4 pm. The workout will then move to the gym for the last 1 ½ hours to focus on skill development and implementation of team concepts.

Monday, June 3	6 – 7:30 pm
Wed, June 5	6 – 7:30 pm
Thursday, June 6	6 – 7:30 pm
Mon, June 10	3:30 – 5:30 pm
Wed, June 12	3:30 – 5:30 pm
Mon, June 17	3:30 – 5:30 pm
Wed, June 19	3:30 – 5:30 pm
Mon, June 24	3:30 – 5:30 pm
Wed, June 26	3:30 – 5:30 pm
Mon, July 8	3:30 – 5:30 pm
Wed, July 10	3:30 – 5:30 pm
Mon, July 15	3:30 – 5:30 pm
Wed, July 17	3:30 – 5:30 pm
Wed, July 24	3:30 – 5:30 pm

Fastbreak League will run on Tuesday (Varsity) and Wednesday (JV) beginning the week of June 10.