

West Stanly Men's Basketball June Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 th	18 th Workouts 4:00-6:00 pm	19 th Workouts 4:00-7:30 pm	20 th Workouts 4:00-7:30 pm	21 st Workouts 4:00-7:30 pm	22 nd Workouts 4:00-7:30 pm	23 rd
24 th	25 th Workouts 4:00-7:30 pm	26 th Workouts 4:00-7:30 pm	27 th Workouts 4:00-7:30 pm	28 th	29 th Catawba Team Camp	30 th Catawba Team Camp
July 1 st Catawba Team Camp						

Note: Monday, June 18th we will all workout 4:00-6:00. The rest of workouts we may split time depending on how many we have participating. We will let you know at the end of workouts on the 18th. **For text reminders**, text the message "@dacbad" to the number "81010". This will put you on our basketball remind text list. Players and parents are encouraged to add this.

Our **youth camp** is Monday June 18th-Wednesday July 20th from 9:00-noon. The following players are **expected** to be here for those days (please arrive at least 15 minutes early): Hayden Greene, Nick Parker, Brack Morgan, Riley Huneycutt, Austin Medlin, Trevor Kelly, Jordan Manshack, Jake Bartell, Nathan Brown. Other players who played JV last season who want to help let me know.

With the NCHSAA dead periods, several travel ball tournaments and other scheduling conflicts, we really need you here during these two weeks of workouts. This time period is a great chance to improve as individuals and start building some chemistry for camp and next season.