

BMHS ATHLETIC DEPARTMENT

Summer Conditioning 2018

Wednesday, June 13 - Tuesday, July 17

<u>LEVEL</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>	
<u>Baseball</u>	Varsity & JV Frosh	Monday - Thursday Monday, Wednesday, Friday	1:30pm - 3:30pm 2:00pm - 4:00pm	Baseball Field Baseball Field
<u>Basketball - Girls</u>	Varsity JV & F/S	Monday - Thursday Friday Monday - Thursday	2:30pm - 4:00pm 1:00pm - 2:30pm 1:00pm - 2:30pm	SAC SAC SAC
<u>Basketball - Boys</u>	Varsity All Levels	Monday - Friday Monday - Friday	10:30am - 1:00pm 1:00pm - 3:00pm	Main Gym Main Gym

Monday, July 9 - Friday, August 3

<u>Cross Country - Co-ed</u>	All Levels	Monday - Friday	2:00pm - 4:00pm	Track
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Monday, June 18 - Thursday, July 12

<u>Football</u>	All Levels	Monday - Thursday	1:00pm - 3:00pm	Weight Room & Lower Field
<u>Soccer - Boys</u>	All Levels	Monday - Thursday	3:30pm - 5:30pm	Upper Field

Monday, June 18 - Friday, July 13

<u>Golf - Co-ed</u>	All Levels	Monday, Wednesday, Friday	1:30pm - 3:30pm	Alondra Golf Course
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Wednesday, June 13 - Tuesday, July 17

<u>Soccer - Girls</u>	All Levels	Monday - Thursday	1:00 - 3:00pm	Upper Field
<u>Volleyball - Girls</u>	All Levels All Levels	Monday, Wednesday, Friday Tuesday & Thursday	4:00pm - 6:00pm 1:00pm - 2:30pm	Main Gym & SAC Weight Room

Monday, June 18 - Tuesday, July 17

<u>Tennis - Co-ed</u>	All Levels	Monday - Thursday	3:00pm - 5:00pm	Tennis Courts
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