



West Lutheran Girls Basketball Summer 2024



Skills, Strength Training, and Practices

Throughout the months of June and July there will be several opportunities for your female athletes to work on their individual basketball skills, team play, and general strength and agility.

Who: All 9th-12th Grade girls interested in playing basketball at West Lutheran during the 2024-2025 Basketball Season.

Where: Skills/Open Gyms at West Lutheran HS | Possible scrimmages at Pact Charter and Spectrum HS.

Price: \$150 per athlete for the skills training. The skills training is with Peter

Skills Training	
7am-8am Tue., Wed., Thurs.	
Week 1: June 4, 5, 6	Week 5: June 30-July 6 OFF
Week 2: June 11, 12, 13	Week 6: July 9, 10, 11
Week 3: June 18, 19, 20	Week 7: July 16, 17, 18
Week 4: June 25, 26, 27	Week 8: July 23, 24, 25

Stewart.

Sunday Practices/Open Shooting	
June 2: 6pm-7:30pm	June 30: 6pm-7:30pm
June 9: 7:30pm-9pm	July 14: 7:30pm-9pm
June 16: 6pm-7:30pm	July 21: 6pm-7:30pm
June 23: 7:30pm-9pm	July 28: 7:30pm-9pm

Strength Training: The weight room will be open for an hour after skills training on Tuesday and Thursdays.

USE THE QR CODE TO REGISTER ONLINE

