

LADY COLTS BASKETBALL

2019 SUMMER SCHEDULE



Summer Strength and Conditioning: Monday-Thursday from June 3rd-August 1st, 8-9:30

Purpose is to increase strength and athletic agility by working hard during the summer. Three coaches will be there working with you all summer long.

Team Camp/Practices: June—4, 6, 11, 13, 25, 27. Time: 10:00-11:30—after weights.

Team camp will consist of 6 days throughout June. The cost is free. It is very important to attend these days for introduction into our program. We will be installing our offensive and defensive plays during these practices.

Individual/small group workouts with Coach Curtiss and/or Coach Wright

We both have times during the week that we'll do small group skills improvement instruction. It is up to the athletes to seek out the coaches at weights and practice to schedule times for these workouts

Other opportunities that may arise

Monday Night Games: we play two games every Monday night in June. If you pick up the offense and defensive schemes quickly, you may be asked to participate in those summer league games as well.

ESU Team Camp—we may ask some to participate in our ESU team camp. To even be considered would require attendance at all the prior opportunities given to the athletes.

Follow my twitter for summer updates @Coach_Curtiss