

**Middle School**  
**Grades 5<sup>th</sup>-8<sup>th</sup> Open Gym Schedule**

**Open gyms** will be a time to work on individual and group skills. We will focus on ball handling, shooting, driving footwork and some competitive small group drills.

**You do not need to register or pay any fee. Come when you can, but consistent practice make habits “stick”.**

**MS 5<sup>th</sup>-8<sup>th</sup> Grade Open Gyms (HS Open Gyms are before these times if AM and after these times if PM)**

July 15<sup>th</sup> 6PM-7PM

July 19<sup>th</sup> 9AM-10AM

July 22<sup>nd</sup> 6PM-7PM

July 26<sup>th</sup> 9AM-10AM

July 29<sup>th</sup> 6PM-7PM

I look forward to working with and getting to know your son!

Please let me know if you have any questions.

Lance Friesen

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