

# Basketball Open Gym/Strength & Conditioning Schedule 2024

Strength and Conditioning in weight room at 6PM before Open Gym

*\*ALL TIMES SUBJECT TO CHANGE\**

*Announcements made on ParentSquare and Social Media Pages*

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<b>Wednesday</b>	<b>Oct. 2</b>	<b>6:45 – 8 PM</b>
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<b>Monday</b>	<b>Oct. 7</b>	<b>6:45 – 8 PM</b>
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<b>Tuesday</b>	<b>Oct. 8</b>	<b>None</b>
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<b>Wednesday</b>	<b>Oct. 9</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Oct. 10</b>	<b>None</b>
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<b>Monday</b>	<b>Oct. 14</b>	<b>6:45 – 8 PM</b>
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<b>Tuesday</b>	<b>Oct. 15</b>	<b>6:45 – 8 PM</b>
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<b>Wednesday</b>	<b>Oct. 16</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Oct. 17</b>	<b>None</b>
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<b>Monday</b>	<b>Oct. 21</b>	<b>6:45 – 8 PM</b>
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<b>Tuesday</b>	<b>Oct. 22</b>	<b>6:45 – 8 PM</b>
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<b>Wednesday</b>	<b>Oct. 23</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Oct. 24</b>	<b>None</b>
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<b>Monday</b>	<b>Oct. 28</b>	<b>6:45 – 8 PM</b>
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<b>Tuesday</b>	<b>Oct. 29</b>	<b>None</b>
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<b>Wednesday</b>	<b>Oct. 30</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Oct. 31</b>	<b>None</b>
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<b>Monday</b>	<b>Nov. 4</b>	<b>6:45 – 8 PM</b>
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<b>Tuesday</b>	<b>Nov. 5</b>	<b>6:45 – 8 PM</b>
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<b>Wednesday</b>	<b>Nov. 6</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Nov. 7</b>	<b>6:45 – 8 PM</b>
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Potential VB regional games this week (no open gym if we host a game)

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<b>Monday</b>	<b>Nov. 11</b>	<b>None</b>
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<b>Tuesday</b>	<b>Nov. 12</b>	<b>6:45 – 8 PM</b>
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<b>Wednesday</b>	<b>Nov. 13</b>	<b>6:45 – 8 PM</b>
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<b>Thursday</b>	<b>Nov. 14</b>	<b>6:45 – 8 PM</b>
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Potential VB regional games this week (no open gym if we host a game)

## Winter Sports Registration

**\*Athletes must register online via FamilyID to participate in the season's first practice/tryouts.**

Athletes need a physical that is good for the entire season (through March 8, 2025)  
and must document appropriate insurance on FamilyID.

Visit <https://www.familyid.com/organizations/walla-walla-high-school> to register

**First winter practice/try-out is Monday, November 18**

PRE SEASON MEETING - TBA