



2024 Off Season Programming

Monday, June 10:	9:00am - 9:45am 5:00pm - 7:00pm	Strength/Conditioning (7th, 8th, JV, V) High School Prep Camp (JV, V)
Tuesday, June 11:	5:00pm - 7:00pm	High School Prep Camp (JV, V)
Wednesday, June 12:	9:00am - 9:45am 10:00am - 11:30am	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V)
Monday, June 17:	9:00am - 9:45am Times TBD	Strength/Conditioning (7th, 8th, JV) <i>Frankfort Shootout (Varsity Only)</i>
Tuesday, June 18:	Times TBD	<i>Frankfort Shootout (Varsity Only)</i>
Wednesday, June 19:	9:00am - 9:45am Times TBD	Strength/Conditioning (7th, 8th, JV, V) <i>YMCA Summer League (7th, 8th, JV, V)</i>
Monday, June 24:	9:00am - 9:45am 10:00am - 11:30am	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V)
Wednesday, June 26:	9:00am - 9:45am 10:00am - 11:30am Times TBD	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V) <i>YMCA Summer League (7th, 8th, JV, V)</i>
June 29 - July 5 DEAD WEEK - NO TEAM ACTIVITIES		
Monday, July 8:	9:00am - 9:45am 10:00am - 11:30am	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V)
Wednesday, July 10:	9:00am - 9:45am 10:00am - 11:30am Times TBD	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V) <i>YMCA Summer League (7th, 8th, JV, V)</i>
Thursday, July 11:	Times TBD	<i>Traverse City Shootout (JV, V)</i>
Friday, July 12:	Times TBD	<i>Traverse City Shootout (JV, V)</i>
Monday, July 15:	8:00am - 12:00pm	<i>Youth Camp (Varsity/JV Helpers)</i>
Tuesday, July 16:	8:00am - 12:00pm	<i>Youth Camp (Varsity/JV Helpers)</i>
Wednesday, July 17:	8:00am - 12:00pm Times TBD	<i>Youth Camp (Varsity/JV Helpers)</i> <i>YMCA Summer League (7th, 8th, JV, V)</i>
Monday, July 22:	9:00am - 9:45am 10:00am - 11:30am	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V)
Wednesday, July 24:	9:00am - 9:45am 10:00am - 11:30am Times TBD	Strength/Conditioning (7th, 8th, JV, V) Basketball Skills Work (7th, 8th, JV, V) <i>YMCA Summer League (7th, 8th, JV, V)</i>

- Please refer to the Program calendar for gym locations and other details
- 4-Person Workouts and Open Gyms will pick up the 3rd week of September

YMCA Summer League Games (7th, 8th, JV/V): \$85/player; Frankfort Varsity Team Camp: \$50/player;
Traverse City Shootout: \$50/player

Fall 2024

September/October: Due to MHSAA regulations, we can only offer [4-person workouts and open gyms](#). Please refer to the calendar for details. If a home volleyball game is scheduled, we will only offer an open gym on that particular evening and encourage the girls to watch the game.

Pre-Season Down Time: To be determined (no basketball-specific activities)

Tryouts: To be determined

*IMPORTANT: It's important to know that involvement in off-season activities is not mandatory nor is it part of a selection process for our girls' High School basketball teams. *Please note: this program is open to any interested parties, however, [MHSAA transfer and link rules](#) will apply to any students interested in transferring to St. Francis High School.*