

What to bring to practice:

Water bottle
 Exercise clothes
 Running/ basketball shoes
NO jeans, boots, slippers, floor
 marking shoes

Game expectations:

Arrive changed 10-15 minutes early
 What to bring:

- Jersey
- Athletic short or tights
- Running shoes
- Water bottle
- Photo ID

ADMS Grade 7/8 Girls Basketball Schedule**February**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 31 7:30- 8:30 AM Practice	1	2 4:00-5:00 PM Game @ADMS	3	4 NO PRACTICE No school	5
6	7 7:30- 8:30 AM Practice	8	9 4:00-5:00 PM Game @ADMS	10	11 3:10- 4:45 PM Practice	12
13	14 7:30- 8:30 AM Practice	15	16 4:15-5:15 PM Game @RA	17	18 3:10- 4:45 PM Practice	19
20	21 NO PRACTICE No school	22	23	24	25 3:10- 4:45 PM Practice	26
27	28 7:30- 8:30 AM Practice					