

**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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Feb 28	1	2	3	4	5
	7:30- 8:30 AM Practice		4:00-5:00 PM Game @ADMS		3:10- 4:45 PM Practice	
6	7	8	9	10	11	12
	7:30- 8:30 AM Practice		4:00-5:00 PM Game @VG			
13	14	15	16	17	18	19
					NO SCHOOL	
20	21	22	23	24	25	26
27	28	29	30	31		
		<b>SPRING BREAK</b>				