

**BMHS Athletic Department
Summer Conditioning
2019**

Monday, June 17 - Thursday, July 18

| <u>LEVEL</u> | <u>DAYS</u> | <u>TIME</u> | <u>LOCATION</u> | |
|----------------------------------|-----------------------|--|---|----------------------------------|
| <u>Baseball</u> | Varsity & JV Frosh | Monday - Thursday Monday - Thursday | 1:30pm - 3:30pm 2:00pm - 3:30pm | Baseball Field Baseball Field |
| <u>Basketball - Girls</u> | Varsity JV & F/S | Monday - Thursday Friday Monday - Thursday | 2:30pm - 4:00pm 1:00pm - 2:30pm 1:00pm - 2:30pm | SAC SAC SAC |
| <u>Basketball - Boys</u> | Varsity All Levels | Monday - Friday Monday - Friday | 10:30am - 1:00pm 1:00pm - 3:00pm | Main Gym Main Gym |
| <u>Lacrosse - Boys</u> | All Levels | Mon-Thursday Students will need to purchase equipment by end of first week | 10:30am-12:30pm | Main Field |

Monday, July 8 - Friday, August 2

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| <u>Cross Country - Co-ed</u> | All Levels | Monday - Friday | 2:00pm - 4:00pm | Track |
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Monday, June 17 - Wednesday, July 10

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| <u>Football</u> | All Levels | Monday - Thursday | 1:00pm - 3:00pm | Weight Room & Lower Field |
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Tuesday, June 18 - Thursday, July 11

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| <u>Soccer - Boys</u> | All Levels | Monday - Thursday | 3:30pm - 5:30pm | Upper Field |
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Monday, June 17 - Tuesday, July 16

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| <u>Soccer - Girls</u> | All Levels | Monday - Thursday | 1:00 - 3:00pm | Upper Field |
| <u>Volleyball - Girls</u> | All Levels | Mon/Wed | 3:30pm - 5:30pm | Main Gym & SAC |
| Tryouts- Monday, July 15 | All Levels | Tuesday & Thursday | 1:00pm - 2:30pm | Weight Room |
| | All Levels | Friday | 3:30pm-5pm | Main Gym & SAC |

Monday, June 18 - Wednesday, July 17

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| <u>Tennis - Co-ed</u> | All Levels | Monday - Thursday | 3:00pm - 5:00pm | Tennis Courts |
|------------------------------|------------|-------------------|-----------------|---------------|