

Open Gym Rules and Guidelines

We will be following the following rules and guidelines for our open gym. There will be some circumstances where these will or could change during the course of the year.

The Boy's Basketball Program will be having Fall League here on Thursdays thru Oct. 15. The boys will also be having an open gym on Sunday night's starting at 6:30-8:30 PM on most Sunday nights. We want to offer open gym to all of our current student body. Both gyms are available for use. Coaches will monitor both gyms. All student/athletes will enter through the training room doors only. Our boys also play or shoot in the back gym on some school days. There is always a coach in the gym.

The girl's Volleyball and Basketball programs will be having open gym from 3-5 PM on Sunday afternoons. We also want to offer an open gym to all of our current student body. Our girl's coaches will be monitoring the gyms. They will also follow the same rules as listed above.

If some of our younger students/athletes want to come to open gym parents will need to drop them off by the training room door.

Youth Volleyball is having practice on Wednesday's from 6 PM to 7 PM. At this time this is the only youth team using the gym. They are following the youth guideline rules in place.

If at any time any of our open gym times or days change, I will let everyone know of those changes or additions.

Thank- you,

Coach Bell