

2012 BVBA Winter Workouts - Legends Sioux Falls SD

- Group 1** 6th Grade to 8th Grade Players
- Group 2** 9th Grade to 12th Grade Players
- Group 3** HS Basketball Players

Schedule

Tuesdays and Thursdays

| | | Session 1 | Session 2 | Session 3 |
|------------------|-------------------------------|-----------|-----------|-----------|
| Session 1 | | | | |
| | Tuesday, January 17, 2012 | 2 | 1 | |
| 4:15 to 4:30 | Warm-up | 1 | 2 | 3 |
| 4:30 to 5:30 | Workout | 1 | 2 | |
| 5:30 to 5:45 | Conditioning | 2 | 1 | |
| | Tuesday, January 24, 2012 | 2 | 1 | |
| | Thursday, January 26, 2012 | 2 | 1 | |
| 5:45 to 6:00 | Break | 2 & 3 | 1 | |
| | Saturday, January 28, 2012 | 2 & 3 | 1 | |
| | Tuesday, January 31, 2012 | 1 | 2 | 3 |
| | Thursday, February 02, 2012 | 1 | 2 | 3 |
| Session 2 | | | | |
| 6:00 to 6:15 | Warm-up | 1 | 2 & 3 | |
| 6:15 to 6:30 | Workout | 1 | 2 | 3 |
| 6:30 to 7:30 | Conditioning | 1 | 2 | 3 |
| | Thursday, February 09, 2012 | 1 | 2 | 3 |
| | Saturday, February 11, 2012 | 2 & 3 | 1 | |
| | Tuesday, February 14, 2012 | 1 | 2 | 3 |
| Session 3 | | | | |
| 7:30 to 9:00 | HS Basketball Players Workout | 1 | 2 | 3 |
| | Thursday, February 16, 2012 | 1 | 2 | 3 |
| | Saturday, February 18, 2012 | 1 | 2 & 3 | |
| | Tuesday, February 21, 2012 | 2 | 1 | |
| | Thursday, February 23, 2012 | 2 | 1 | |
| | Saturday, February 25, 2012 | 2 | 1 | |

Saturdays

- Session 1**
- 8:00 to 8:15 Warm Up
- 8:15 to 9:25 Workout

9:25 to 9:35 Break

Session 2

- 9:35 to 9:50 Warm Up
- 9:50 to 11:00 Workout