



NORTHWOOD LADY KNIGHTS

GIRLS BASKETBALL

OPEN GYM & TRYOUT SCHEDULE • 2026

DATE	DAY	GROUP	TIME	LOCATION
10/12/26	Monday	7th/8th Girls	3:45–5:30 PM	Gym
10/14/26	Wednesday	7th/8th Girls	3:45–5:30 PM	Gym
10/19/26	Monday	7th/8th Girls	3:45–5:30 PM	Gym
10/21/26	Wednesday	7th/8th Girls	3:45–5:30 PM	Gym
10/26/26	Monday	7th/8th Girls	3:45–5:30 PM	Gym
11/4/26*	Wednesday	Girls Tryouts	3:45–5:30 PM	Gym
11/5/26*	Thursday	Girls Tryouts	3:45–5:30 PM	Gym

TRYOUT INFORMATION

- Both tryouts (11/4 and 11/5) are mandatory in order to be on the team.
- All dates are subject to change at the coach's discretion.

IMPORTANT INFORMATION

All students must stay in their 7th period until called to the gym.

All students must be picked up in the Northwood carline no later than 5:30 PM.

A completed physical dated April 1, 2026 or later and all other information on Arbiter are required to participate in all scheduled activities.

Students must create an Arbiter account and complete the required forms. All forms must be completed and approved before participating in any conditioning.



ARBITER QR CODE

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