

# **ANNOUNCEMENTS**

**Tues. Oct. 1, 2024**

Fitness testing make-up's will be happening this week during tutorials.

-Beep Test will be tomorrow, Wednesday, in the large gym

-12 minute run will be on Thursday, meeting at the track

-Bench Press Test will be on Friday

All testing will start at 8:30 sharp

**TODAY IS THE FINAL DAY TO SIGN UP FOR BASKETBALL**

**INTRAMURALS!** Make sure you get your team registered on MS Teams by the end of the day today if you want to play. Games start **NEXT WEEK!**