



**Mustang Workout Club**  
**Mira Costa Basketball 2018**

**“Outwork Everyone”**

**Players will monitor themselves and use the honor system to hone individual skills and improve their overall game. Each player will track his daily workout time and will receive awards for achieving training goals.**

**Time can be spent on the following activities:**

- **Ball handling / shooting / defense**
- **Workout with basketball trainer**

**\* \* Does not include: Club games or practices, pickup basketball, weight lifting**

**Timeline: July 15 – September 1**

**Goal #1: 2,000 - MINUTE CLUB (33+ Hours)**

**Award: Warrior Workout Club Hat**

**Goal #2: Team Mile Time: 6:00 for Guards / 6:30 for Forwards**

**Award: Shooting Shirt**