

**ALISO NIGUEL BOYS BASKETBALL
OCTOBER – 2004**

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 OFF!	2
3	4 6 th Per.– Conditioning @ Track - Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10	5 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	6 -After school Cond. @ Track 3-3:45 - Weight room - S/F – 4-4:40	7 ESPN FUND. MONEY DUE TODAY!!!! - 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	8 OFF!	9
10	11 6 th Per.– Conditioning @ Track - Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10	12 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	13 -After school Cond. @ Track 3-3:45 - Weight room - S/F – 4-4:40	14 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	15 OFF!	16
17	18 6 th Per.– Conditioning @ Track - Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10	19 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	20 -After school Cond. @ Track 3-3:45 - Weight room - S/F – 4-4:40	21 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	22 OFF!	23
24 31 HAPPY HALLOWEEN!	25 6 th Per.– Conditioning @ Track - Weight room - V/JV – 2:50-3:30 S/F – 3:30 – 4:10	26 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30	27 -After school Cond. @ Track 3-3:45 - Weight room - S/F – 4-4:40 KICK OFF DINNER?	28 6 th Per. – Bball - Weight room - V/JV – 2:50-3:30 - Program Pictures? (Subject to change)	29 STUDENT HOLIDAY! OFF!	30