

**ALISO NIGUEL BOYS BASKETBALL
SEPTEMBER – 2004**

SUN	MON	TUE	WED	THUR	FRI	SAT
	6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30	6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30	1 OFF! LUNCH MEETING! - Frosh/Non-returners Room 402	2 6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30	3 OFF!	4
5	6 LABOR DAY! NO SCHOOL!	7 6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30 -Tryouts (5-7pm) (F / Non-returners)	8 - Weight room - V/JV/S – 3-3:40	9 6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30 -Tryouts (5-7pm) (F / Non-returners)	10 OFF! -Team rosters posted- Room 402.	11
12	13 6 th Per. - Bball -Weight room- V/JV/S - 2:50-3:30 -F- OFF!	14 6 th Per. - Bball -Weight room- V/JV/S – 2:50-3:30 -F- OFF!	15 - Weight room – V/JV– 3:00-3:40 S/F – 3:40 – 4:20 *ESPN MAG. FUND. Due: Thur. Oct. 7th	16 - Fall Recess – No School!	17 - Fall Recess – No School!	18
19	20 *** 1 st Day of ↓ 6 th Per.- <u>Conditioning</u> @ Track -Weight room- V/JV – 2:50-3:30 S/F – 3:30-4:10	21 *** IMPORTANT *** PARENT MEETING! Small gym – 7pm - 6 th Per. – Bball -Weight room- V/JV – 2:50-3:30	22 -After school Cond. @ Track 3-3:45 V/JV/S/F -Weight room – S/F – 4-4:40	23 6 th Per. – Bball -Weight room- V/JV – 2:50-3:30	24 OFF!	25
26	27 6 th Per.- Conditioning @ Track -Weight room- V/JV – 2:50-3:30 S/F – 3:30-4:10	28 6 th Per. – Bball -Weight room- V/JV – 2:50-3:30	29 -After school Cond. @ Track 3-3:45 V/JV/S/F -Weight room – S/F – 4-4:40	30 6 th Per. – Bball -Weight room- V/JV – 2:50-3:30		