

ALISO NIGUEL BOYS BASKETBALL

OCTOBER – 2008

SUN	MON	TUE	WED	THUR	FRI	SAT
	29 6 th Per. – Weight room V/JV/S/F	30 6 th Per. – Bball (Gym) -Weight room – V/JV/S/F – 2:50-3:30	1 NO <u>Conditioning</u> Back to School!!!	2 Weight room – 6 th Per. – V/JV - 6 th Per. – S/F - OS <u>3:30-5:00-V/JV - Gym</u> - Weight room - S/F – 2:50-3:30	3 OFF!	4
5	6 6 th Per.– Weight Room V/JV/S/F Conditioning – 3–3:45	7 6 th Per. – Bball (Gym) -Weight room - V/JV/S/F – 2:50-3:30	8 - Conditioning @ Track 3-3:45	9 6 th Per. – Bball (Gym) - Weight room - V/JV–2:50-3:30 S/F – 3:30-4:10	10 OFF!	11
12	13 6 th Per.– Weight Room V/JV/S/F <u>Bowling Fundraiser</u> Info provided to Players Conditioning – 3–3:45	14 6 th Per. – Bball (Gym) - Weight room - V/JV/S/F – 2:50-3:30	15 - Conditioning @ Track 3-3:45	16 6 th Per. – Bball (Gym) - Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10	17 OFF!	18
19	20 6 th Per.– Weight Room V/JV/S/F Conditioning – 3–3:45	21 6 th Per. – Bball (Gym) - Weight room - V/JV/S/F – 2:50-3:30	22 KICK OFF DINNER Time – 6PM @ Food ct. ***** -After school Cond. @ Track 3-3:45	23 6 th Per. – Bball (Gym) -Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10	24 OFF!	25
26	27 6 th Per.– Weight Room V/JV/S/F Conditioning – 3–3:45	28 - PICTURES @ 1:30 - After Lunch - Bring WHITE (home) Uniform. - No weight room!!! - Everyone be in the gym / dressed by 1:15! -V/JV – 3-4:30 – Pract.	29 - Conditioning @ Track – 3-3:45	30 - 6 th period – (Gym) - Weight room - V/JV – 2:50-3:30 S/F – 3:30-4:10 SPIRIT PACK MONEY DUE TODAY!!!	31 <u>1st official practice.</u> Sat. Nov. 15 th ----- * <u>Gear Distribution</u> Thur. Nov. 13 th ----- **<u>Bowl a thon</u>** Sun. Nov. 9 th - Money Due... Tue. Nov. 4 th	1 <u>Socks F/ Jocks</u> - Community Service - All Boys present - 9-1pm