

ALISO NIGUEL BOYS BASKETBALL

SEPTEMBER – 2008

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 LABOR DAY! NO SCHOOL!	2 6 th Per. – Gym meeting	3 6 th Per. – Weight room (upper body) Introduction: -Show proper form + spotting technique -1 set each exercise + Bench max lifts	4 6 th Per. – Weight room (lower body) – 45min. Outside fastbreak cond. + vertical leap test-45min <u>LUNCH MEETING!</u> - Frosh & Non-return. Rm 402	5 OFF!	6
7	8 -Weight room - V/JV/S – 6 th period	9 6 th Per. – Bball (OS) -Weight room- V/JV/S – 2:50-3:30 Tryouts – 5-7pm	10 OFF!	11 6th Per. Bball (OS) -Weight room- V/JV/S – 2:50-3:30 Tryouts – 5-6:30	12 OFF! Teams posted (Rm 402)	13
15	15 Weight room- V/JV/S – 6 th period	16 6 th Per. – Bball (Gym) -Weight room- V/JV/S/F – 2:50-3:30	17 OFF!	18 6 th Per. – Bball (Gym) -Weight room- V/JV – 2:50-3:30 S/F – 3:30 – 4:10	19 OFF!	20
22	22 6 th Per. – Gear fitting! V/JV/S/F – Rm. 402 6 th Per. – WR - S/F After school – WR – V/JV 3:30-4:10	23 6 th Per. Bball (Gym) WR – V/JV/S/F 2:50-3:30	24 OFF!	25 6 th Per. – Bball (Gym) WR-V/JV – 2:50-3:30 <u>Mandatory PARENT</u> <u>Meeting in the Gym!</u> Frosh Parents - 6:00pm @ Gym ALL Parents - 6:30pm @ Gym Varsity Parents – 7:15pm @ Team room <u>On The Boarder – 8pm</u> (All Parents)	26	27