

~ October 2010 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> Practice running "16"	<sup>2</sup>
<sup>3</sup>	<sup>4</sup> Open Gym 6-8	<sup>5</sup> Shoot and record 25 from each spot	<sup>6</sup> Open Gym 6-8	<sup>7</sup> Agility Workout	<sup>8</sup> Timed 1.5 mile run	<sup>9</sup>
<sup>10</sup>	<sup>11</sup> Open Gym 6-8	<sup>12</sup> Practice running "16"	<sup>13</sup> OFF	<sup>14</sup> Shoot and record 25 from each spot	<sup>15</sup> Hurley Drills	<sup>16</sup>
<sup>17</sup>	<sup>18</sup> Open Gym 6-8	<sup>19</sup> Ball Handling and Agility	<sup>20</sup> Open Gym 6-8	<sup>21</sup> Hurley Drills	<sup>22</sup> Shoot and record 25 from each spot	<sup>23</sup>
<sup>24</sup>	<sup>25</sup> Open Gym	<sup>26</sup> Hurley Drills	<sup>27</sup> Open Gym 6-8	<sup>28</sup> Practice running "16"	<sup>29</sup> Shooting, Ball handling and agility	<sup>30</sup>
<sup>31</sup>						