

~September 2010~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Open Gym 6-8	14 Timed 1.5 mile run	15 Open Gym 6-8	16 Shoot and record 25 from each spot: Blocks, elbows, wings, Free throws	17 Agility: 30 sec each/5x's Wall taps, wall sits, our warm-ups, dots w/tape	18
19	20 Open Gym 6-8	21 Shoot and record 25 from each spot	22 Open Gym 6-8	23 Timed 1.5 mile run	24 Ball Handling 1min/10 x's: Crossover, Jute, Hesitation, Behind back	25
26	27 Open Gym 6-8	28 Timed 1.5 mile run	29 Open Gym 6-8	30 Shoot and Record 25 from each spot		