

ALISO NIGUEL GIRLS BASKETBALL

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Var- Zoom, 12:30-1:30pm Weights, Off Practice, 3:15-5:00pm JV- Practice, 5:15-7:00pm FS- Practice, 5:15-7:00pm	6 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	7 *College Financial Plan Workshop- via zoom: 6:00pm* Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, <i>TBD</i> FS- Practice, <i>TBD</i>	8 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV/FS- Zoom, 12:30-1:00pm Conditioning, @ Home	9 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 4:00-5:30pm FS- Practice, 4:00-5:30pm	10
11	12 Var- Zoom, 12:30-1:15pm Weights, Off Practice, 3:15-5:00pm JV/FS- Zoom, 1:15-1:45pm Practice, 5:15-7:00pm	13 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	14 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 5:45-7:00pm FS- Practice, 5:45-7:00pm	15 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	16 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 4:00-5:30pm FS- Practice, 4:00-5:30pm	17
18	19 Var- Zoom, 12:30-1:15pm Weights, Off Practice, 3:15-5:00pm JV/FS- Zoom, 1:15-1:45pm Practice, 5:15-7:00pm	20 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	21 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 5:45-7:00pm FS- Practice, 5:45-7:00pm	22 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	23 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 4:00-5:30pm FS- Practice, 4:00-5:30pm	24
25	26 Var- Zoom, 12:30-1:15pm Weights, Off Practice, 3:15-5:00pm JV/FS- Zoom, 1:15-1:45pm Practice, 5:15-7:00pm	27 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	28 Var- Weights, 1:15-2:15pm Practice, 2:15-3:45pm JV- Practice, 5:45-7:00pm FS- Practice, 5:45-7:00pm	29 Var- Weights, 3:00-4:00pm Practice, 4:00-5:30pm JV- Conditioning, @ Home FS- Conditioning, @ Home	30 Var- <i>Benchmark Test # 1</i> 1:15-3:45pm JV- Practice, 4:00-5:30pm FS- Practice, 4:00-5:30pm	31

*Strength/Conditioning workouts will be posted daily to CoachNow for those not participating in Phase 2 in-person.

*All home conditioning workouts will be posted to CoachNow.

*Varsity will have two conditioning runs to do on their own each week. These will be posted at the beginning of the week.

