

March 2008

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|---------------------|----------|
| | | | | | | 1 |
| 2 | 3 6:50-7:40 Shooting (So/Jr) 1:50-2:45 OCourts 3-4 Plyometrics | 4 6:50-7:40 Shooting (Fr) 1:50-2:45 Gym 6-7:30 Weightroom | 5 1:50-2:45 Gym 3-4 Plyometrics 6-7:30 Weightroom | 6 1:50-2:45 OCourts | 7 NO BASKETBALL | 8 |
| 9 | 10 6:50-7:40 Shooting (So/Jr) 1:50-2:45 OCourts 3-4 Plyometrics | 11 6-7:30 Weightroom | 12 1:50-2:40 OCourts 3-4 Plyometrics 6-7:30 Weightroom | 13 1:50-2:45 OCourts | 14 1:50-3:15 Gym | 15 |
| 16 | 17 6:50-7:40 Shooting (So/Jr) 1:50-2:45 OCourts 3-4 Plyometrics | 18 6:50-7:40 Shooting (Fr) 1:50-2:45 Gym 6-7:30 Weightroom | 19 6:50-7:40 Shooting (So/Jr) 1:50-2:45 Gym 3-4 Plyometrics 6-7:30 Weightroom | 20 1:50-2:45 OCourts 3-4 Weightroom | 21 1:50-2:45 Gym | 22 |
| 23 | 24 Spring Break | 25 | 26 | 27 | 28 | 29 |

****Bring Jump Ropes Everyday****