



## Alburuj Razzaq Rahman

11 years old  
Ohio State University

"NYSP helped me develop my body strength and sports knowledge. NYSP taught me different techniques and strategies that showed me the right way of doing things. Now I am able to play new and different sports."

*National Youth Sports Program*  
  
**NYSP 2005**  
*An Athlete begins at NYSP*  
 THE OHIO STATE UNIVERSITY



**CTOBER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Yom Kippur	21	22
23/30	24/31	25	26	27	28	29