

# January 2010

## S.V. 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Baseball Conditioning

| Sun | Mon   | Tue   | Wed   | Thu   | Fri   | Sat |
|-----|---|---|---|---|---|-----|
|     |   |   |   |   | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 12<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 13<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30 | 14<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 15<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 16  |
| 17  | 18<br>No School<br>TBD time of<br>conditioning                              | 19<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 20<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30 | 21<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 22<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 23  |
| 24  | 25<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 26<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 27<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>After school until<br>4:30 | 28<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 29<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 30  |

# February 2010

## S.V. 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Baseball Conditioning

| Sun | Mon   | Tue   | Wed   | Thu   | Fri   | Sat |
|-----|---|---|---|---|---|-----|
| 31  | 1<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30  | 2<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30  | 3<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30  | 4<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30  | 5<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30  | 6   |
| 7   | 8<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30  | 9<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30  | 10<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30 | 11<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 12<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 13  |
| 14  | 15<br>No School<br>TBD time of<br>conditioning                              | 16<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 17<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30 | 18<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 19<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 20  |
| 21  | 22<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 23<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 24<br>Baseball Building<br>Pitchers/ Catchers<br>Infield/Outfield<br>after school until<br>4:30 | 25<br>Baseball Building<br>Pitchers/ Catchers<br>after school until<br>4:30 | 26<br>Baseball Building<br>Infield/Outfield<br>after school until<br>4:30 | 27  |
| 28  | Try-Outs Start  | March 8 <sup>th</sup>   | Thru  | March 12 <sup>th</sup>  |   |     |