

January 2010

S.V. 8th & 9th Grade Baseball Conditioning

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	6 Intermediate gym 9 th grade 5:30-7:30	7	8 Intermediate gym 8 th grade 5:30-7:30	9
10	11	12 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	13 Intermediate gym 9 th grade 5:30-7:30	14	15 Intermediate gym 8 th grade 5:30-7:30	16
17	18	19 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	20 Intermediate gym 9 th grade 5:30-7:30	21	22 Intermediate gym 8 th grade 5:30-7:30	23
24	25	26	27 Intermediate gym 9 th grade 5:30-7:30	28	29 Intermediate gym 8 th grade 5:30-7:30	30

February 2010

S.V. 8th & 9th Grade Baseball Conditioning

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	3 Intermediate gym 9 th grade 5:30-7:30	4	5 Intermediate gym 8 th grade 5:30-7:30	6
7	8	9 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	10 Intermediate gym 9 th grade 5:30-7:30	11	12 Intermediate gym 8 th grade 5:30-7:30	13
14	15	16 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	17 Intermediate gym 9 th grade 5:30-7:30	18	19 Intermediate gym 8 th grade 5:30-7:30	20
21	22	23 Intermediate gym 8 th grade 5:30-7:00 9 th grade 7-8:30	24 Intermediate gym 9 th grade 5:30-7:30	25	26 Intermediate gym 8 th grade 5:30-7:30	27
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