

WINTER WORKOUT SCHEDULE FOR NOVEMBER 7TH TO NOVEMBER 19TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HITTING <u>12U PRO</u> Cages 9:00-10:15am <u>12U SCOUT</u> Cages 9:00-10:15am <u>15U PRO and SCOUT</u> Cages 10:15am-11:30am <u>16U PRO</u> Cages 11:30am-12:45pm <u>17U PRO</u> Cages 11:30am-12:45pm <u>18 SHOW and PRO</u> Cages 11:30am-12:45pm * <u>Young Performance strength training will be incorporated into our 15 and up practices on Sundays!</u>		<u>10U-12U</u> Pitchers and Catchers 6:00-7:00pm <u>13U and 14U</u> Pitchers and Catchers 7:00-8:00pm <u>15U-18U</u> Pitchers and Catchers 8:00-9:00pm	<u>10U-12U</u> Infielders 6:00-7:00pm <u>13U and 14U</u> Infielders 7:00-8:00pm <u>15U-18U Teams</u> Infielders 8:00-9:00pm	<u>10U-12U</u> Outfielders 6:00-7:00pm <u>13U and 14U</u> Outfielders 7:00-8:00pm <u>15U-18U Teams</u> Outfielders 8:00-9:00pm		<u>HITTING</u> <u>13 PRO</u> Cages 8:00-9:15am <u>13U SCOUT</u> Cages 8:00-9:15am <u>11U PRO</u> Cages 9:15-10:30am <u>11U SCOUT</u> Cages 9:15-10:30am <u>14U PRO</u> Cages 10:30-11:45am <u>14U SCOUT</u> Cages 10:30-11:45am <u>14U FUTURES</u> Cages 10:30-11:45am <u>10U TEAM</u> Cages 11:45-1:00pm
NO PRACTICES ON THANKSGIVING, CHRISTMAS EVE, CHRISTMAS DAY, NEW YEAR'S EVE, OR NEW YEAR'S DAY						

WINTER WORKOUT SCHEDULE FOR NOVEMBER 21ST TO DECEMBER 3RD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HITTING <u>12U PRO</u> Cages 9:00-10:15am <u>12U SCOUT</u> Cages 9:00-10:15am <u>15U PRO and SCOUT</u> Cages 10:15am-11:30am <u>16U PRO</u> Cages 11:30am-12:45pm <u>17U PRO</u> Cages 11:30am-12:45pm <u>18 SHOW and PRO</u> Cages 11:30am-12:45pm * <u>Young Performance strength training will be incorporated into our 15 and up practices on Sundays!</u>		<u>10U-12U</u> Outfielders 6:00-7:00pm <u>13U and 14U</u> Outfielders 7:00-8:00pm <u>15U-18U Teams</u> Outfielders 8:00-9:00pm	<u>10U-12U</u> Pitchers and Catchers 6:00-7:00pm <u>13U and 14U</u> Pitchers and Catchers 7:00-8:00pm <u>15U-18U</u> Pitchers and Catchers 8:00-9:00pm	<u>10U-12U</u> Infielders 6:00-7:00pm <u>13U and 14U</u> Infielders 7:00-8:00pm <u>15U-18U Teams</u> Infielders 8:00-9:00pm		<u>HITTING</u> <u>13 PRO</u> Cages 8:00-9:15am <u>13U SCOUT</u> Cages 8:00-9:15am <u>11U PRO</u> Cages 9:15-10:30am <u>11U SCOUT</u> Cages 9:15-10:30am <u>14U PRO</u> Cages 10:30-11:45am <u>14U SCOUT</u> Cages 10:30-11:45am <u>14U FUTURES</u> Cages 10:30-11:45am <u>10U TEAM</u> Cages 11:45-1:00pm
NO PRACTICES ON THANKSGIVING, CHRISTMAS EVE, CHRISTMAS DAY, NEW YEAR'S EVE, OR NEW YEAR'S DAY						

WINTER WORKOUT SCHEDULE FOR DECEMBER 5TH TO DECEMBER 17TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HITTING <u>12U PRO</u> Cages 9:00-10:15am <u>12U SCOUT</u> Cages 9:00-10:15am <u>15U PRO and SCOUT</u> Cages 10:15am-11:30am <u>16U PRO</u> Cages 11:30am-12:45pm <u>17U PRO</u> Cages 11:30am-12:45pm <u>18 SHOW and PRO</u> Cages 11:30am-12:45pm * <u>Young Performance strength training will be incorporated into our 15 and up practices on Sundays!</u>		<u>10U-12U</u> Infielders 6:00-7:00pm <u>13U and 14U</u> Infielders 7:00-8:00pm <u>15U-18U Teams</u> Infielders 8:00-9:00pm	<u>10U-12U</u> Outfielders 6:00-7:00pm <u>13U and 14U</u> Outfielders 7:00-8:00pm <u>15U-18U Teams</u> Outfielders 8:00-9:00pm	<u>10U-12U</u> Pitchers and Catchers 6:00-7:00pm <u>13U and 14U</u> Pitchers and Catchers 7:00-8:00pm <u>15U-18U</u> Pitchers and Catchers 8:00-9:00pm		<u>HITTING</u> <u>13 PRO</u> Cages 8:00-9:15am <u>13U SCOUT</u> Cages 8:00-9:15am <u>11U PRO</u> Cages 9:15-10:30am <u>11U SCOUT</u> Cages 9:15-10:30am <u>14U PRO</u> Cages 10:30-11:45am <u>14U SCOUT</u> Cages 10:30-11:45am <u>14U FUTURES</u> Cages 10:30-11:45am <u>10U TEAM</u> Cages 11:45-1:00pm
NO PRACTICES ON THANKSGIVING, CHRISTMAS EVE, CHRISTMAS DAY, NEW YEAR'S EVE, OR NEW YEAR'S DAY						

WINTER WORKOUT SCHEDULE FOR DECEMBER 19TH TO DECEMBER 30TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HITTING</p> <p><u>12U PRO</u> Cages 9:00-10:15am</p> <p><u>12U SCOUT</u> Cages 9:00-10:15am</p> <p><u>15U PRO and SCOUT</u> Cages 10:15am-11:30am</p> <p><u>16U PRO</u> Cages 11:30am-12:45pm</p> <p><u>17U PRO</u> Cages 11:30am-12:45pm</p> <p><u>18 SHOW and PRO</u> Cages 11:30am-12:45pm</p> <p><u>* Young Performance strength training will be incorporated into our 15 and up practices on Sundays!</u></p>		<p><u>10U-12U</u></p> <p>Pitchers and Catchers 6:00-7:00pm</p> <p><u>13U and 14U</u></p> <p>Pitchers and Catchers 7:00-8:00pm</p> <p><u>15U-18U</u></p> <p>Pitchers and Catchers 8:00-9:00pm</p>	<p><u>10U-12U</u></p> <p>Infielders 6:00-7:00pm</p> <p><u>13U and 14U</u></p> <p>Infielders 7:00-8:00pm</p> <p><u>15U-18U Teams</u></p> <p>Infielders 8:00-9:00pm</p>	<p><u>10U-12U</u></p> <p>Outfielders 6:00-7:00pm</p> <p><u>13U and 14U</u></p> <p>Outfielders 7:00-8:00pm</p> <p><u>15U-18U Teams</u></p> <p>Outfielders 8:00-9:00pm</p>		<p><u>HITTING</u></p> <p><u>13 PRO</u> Cages 8:00-9:15am</p> <p><u>13U SCOUT</u> Cages 8:00-9:15am</p> <p><u>11U PRO</u> Cages 9:15-10:30am</p> <p><u>11U SCOUT</u> Cages 9:15-10:30am</p> <p><u>14U PRO</u> Cages 10:30-11:45am</p> <p><u>14U SCOUT</u> Cages 10:30-11:45am</p> <p><u>14U FUTURES</u> Cages 10:30-11:45am</p> <p><u>10U TEAM</u> Cages 11:45-1:00pm</p>
NO PRACTICES ON THANKSGIVING, CHRISTMAS EVE, CHRISTMAS DAY, NEW YEAR'S EVE, OR NEW YEAR'S DAY						