### **October**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
OFF	Introduction to the Elite training program	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
27	28	29	30	31	01	02
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF		
03	04	Notes:			_	
		Players 13U-18U:Tues	sday and Thursday sessio	ons to be 5 PM - 7 PM, Sa	aturday sessions from 11	AM - 1 PM

## **November**

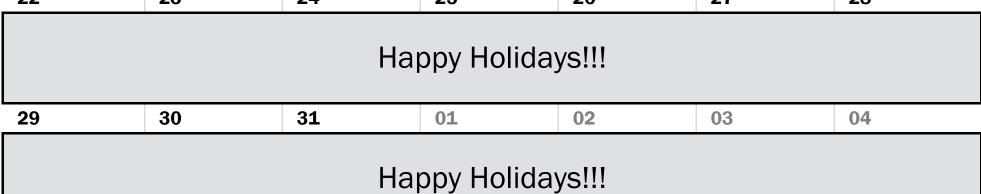


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
					Hitting and Strength and Conditioning Program	
03	04	05	06	07	08	09
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
10	11	12	13	14	15	16
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
17	18	19	20	21	22	23
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
24	25	26	27	28	29	30
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	

### **December**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
08	09	10	11	12	13	14
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
15	16	17	18	19	20	21
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
22	23	24	25	26	27	28



# **January**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05	06	07	08	09	<b>10</b> Hitting and Strength	11
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	and Conditioning Program	
12	13	14	15	16	17	18
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
19	20	21	22	23	24	25
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
26	27	28	29	30	31	01
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
02	03	Notes:				

# **February**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
09	10	11	12	13	14	15
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
16	17	18	19	20	21	22
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
23	24	25	26	27	28	01
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
02	03	Notes:				



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
09	10	11	12	13	14	15
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	
16	17	18	19	20	21	22

30	31	Notes:				
OFF	Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	
23	24	25	26	27	28	29