

October



2025

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

November



2025

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

December



2025

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

Happy Holidays!!!

29	30	31	01	02	03	04
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Happy Holidays!!!

January



2026

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

February



2026

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:				

March



2026

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