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	
Introduction to the Elite training program	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	OFF		
27	28	29	30	31	01	02	
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF		
03	04	Notes:					
		IMPORTANT: After our first week of training, players will be assigned to either Schedule A or Schedule B 8U-12U Schedule A: 5:00 PM - 7:00 PM 8U-12U Schedule B: 7:00 PM - 9:00 PM					

November



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

December



2025

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

		·	Нарру Но	lidays!!!			
29	30	31	01	02	03	04	

Happy Holidays!!!

January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05	06	07	08	09	10	11
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
12	13	14	1 5	16	17	18
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
19	20	21	22	23	24	25
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
26	27	28	29	30	31	01
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	OFF	
02	03	Notes:				

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
09	10	11	12	13	14	15
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
16	17	18	19	20	21	22
*Holiday (No practice)	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
23	24	25	26	27	28	01
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting Evaluation Day and Strength and Conditioning Program	OFF	
02	03	Notes:				
		*Holiday Practice res	chedule to March 30th			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
Fielding/Catching, Hitting and Agility	OFF	Fielding/Catching, Hitting and Agility	OFF	Hitting and Strength and Conditioning Program	OFF	
09	10	11	12	13	14	1 5
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

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