

January

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 31	February 1 TG- #1 Throwing 3:15-4pm BB Workout 5:45-7:45pm	2	3 TG- #1 Throwing 3:15-4pm BB Workout 5:45-7:45pm	4 #1- Hitting 5-6:30pm	5	6
7 DIAMOND CLUB 4pm	8 TG- #1 Throwing 3:15-4pm BB Workout 5:45-7:45pm	9 #1- Hitting 5-6:30pm	10 TG- #1 Throwing 3:15-4pm BB Workout 5:45-7:45pm	11 #1 Hitting. 5-6pm #2 Hitting. 6-7pm	12	13
14	15 NO -SCHOOL	16 TG- #1 Throwing 3:15-4:15pm	17 Lifting #2 - 6:45-7:45pm Lifting #1- 5:45-6:45pm	18 Athlete Meeting - 2:15PM @PHSN 3:00PM DRUG TEST @ PHSN	19 TG #1-Throwing 3:15-4:30pm	20
21 P&C's 4:30-6:30pm Lifting - 5:45pm	22 MVP Hitting - 4-5:30pm P&C's 5-7:30pm	23 MVP Hitting - 4-5:30pm P&C's 5-7:30pm	24 P&C's 4:30-6:30pm Lifting 5:45pm	25 MVP Hitting- 4-5:30pm P&C's 5-7:30pm	26 Lifting 5:45pm P&C's 5-7:30pm	27
28	March 1 P&C's 2:30-5pm	2 MVP Hitting 4-5:30pm P&C's 2:30-5pm	3 P&C's 2:30-5pm	4 MVP Hitting 4-5:30pm P&C's 2:30-5pm	5 P&C's 2:30-5pm	6