

2017

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01	02	03
04	05 HITTING-3:30- 4:30 CARDINAL 4:30-5:30 BLACK	06	07 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	08	09	10
11	12 HITTING-3:30- 4:30 BLACK 4:30- 5:30 CARDINAL	13	14 HITTING 3:30- 4:30 BLACK 4:30- 5:30 CARDINAL	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
01	02	Notes:				

2018

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
08 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	09 HITTING 3:30- 4:30-BLACK 4:30- 5:30 CARDINAL	10 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	11 HITTING 3:30- 4:30 BLACK, 4:30-5:30 CARDINAL	12	13 PITCHER BULLPENS @ CHATFIELD 7AM- 9AM	14
15 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00-	16 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	17 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	18 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	19	20 PITCHER BULLPENS @ CHATFIELD 12PM-2PM	21
22 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	23 HITTING 3:30- 4:30 BLACK 4:30- 5:30 CARDINAL	24 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	25 HITTING 3:30- 4:30 BLACK, 4:30-5:30 CARDINAL	26	27 PITCHER BULLPENS @ CHATFIELD 7AM- 9AM	28
29 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	30 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	31 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	01	02	03	04
05	06	Notes:				

2018

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	02	03 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	04
05 PARISI-BLACK 3:30-4:30 WEIGHT ROOM CARDINAL 3:00-4:15	06 HITTING 3:30-4:30 BLACK 4:30-5:30 CARDINAL	07 PARISI-CARDINAL 3:30-4:30 WEIGHT ROOM BLACK 3:00-4:15	08 HITTING 3:30-4:30 BLACK 4:30-5:30 CARDINAL	09	10 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	11
12 PARISI-BLACK 3:30-4:30 WEIGHT ROOM CARDINAL 3:00-4:15	13 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	14 PARISI-CARDINAL 3:30-4:30 WEIGHT ROOM BLACK 3:00-4:15	15 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	16	17 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	18
19	20	21 PRESEASON CAMP 3PM-5PM	22 PRESEASON CAMP 3PM-5PM	23 PRESEASON CAMP 3PM-5PM	24	25
26 SPRING TRYOUTS-	27	28	01	02	03	04
05	06	Notes:				