



Winter Training Schedule

15U

November 2018

◀ October

December ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Baseball Skills Assesment 8:00 – 9:30 PM	6 Strength And Funtional Movement Assesment 4:00 – 5:30 PM	7	8 Throwing Program/ Strength Day 1 4:00 – 5:30 PM	9	10
11	12 Throwing/ Linear Progression Program Day 1 8:00 – 9:30 PM	13 Throwing Program/Strength 4:00 – 5:30 PM	14	15 Throwing Program/Strength 4:00 – 5:30 PM	16	17
18	19 Throwing/ Linear Progression Program 8:00 – 9:30 PM	20 Throwing Program/Strength 4:00 – 5:30 PM	21	22 Thanksgiving	23	24
25	26 Throwing/ Linear Progression Program 8:00 – 9:30 PM	27 Throwing Program/Strength 4:00 – 5:30 PM	28	29 Throwing Program/Strength 4:00 – 5:30 PM Test Day Ages 15+	30	

December 2018						
◀ November						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Throwing/ Linear Progression Program 8:00 – 9:30 PM	4 Throwing Program/Strength 4:00 – 5:30 PM	5	6 Throwing Program/Strength 4:00 – 5:30 PM	7	8
9	10 Throwing/ Linear Progression Program 8:00 – 9:30 PM	11 Throwing Program/Strength 4:00 – 5:30 PM	12	13 Throwing Program/Strength 4:00 – 5:30 PM	14	15
16	17 Throwing/ Linear Progression Program 8:00 – 9:30 PM	18 Throwing Program/Strength 4:00 – 5:30 PM	19	20 Throwing Program/Strength 4:00 – 5:30 PM	21	22
23	24 Christmas Eve	25 Christmas	26	27 Throwing Program/Strength 4:00 – 5:30 PM	28	29
30	31 New Years Eve					

January 2019

◀ December

February ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years	2	3 Throwing Program/Strength 4:00 – 5:30 PM	4	5
6	7 Throwing/ Linear Progression Program 8:00 – 9:30 PM	8 Throwing Program/Strength 4:00 – 5:30 PM	9	10 Throwing Program/Strength 4:00 – 5:30 PM	11	12
13	14 Throwing/ Linear Progression Program 8:00 – 9:30 PM	15 Throwing Program/Strength 4:00 – 5:30 PM	16	17 Throwing Program/Strength 4:00 – 5:30 PM	18	19
20	21 Throwing/ Linear Progression Program 8:00 – 9:30 PM	22 Throwing Program/Strength 4:00 – 5:30 PM	23	24 Throwing Program/Strength 4:00 – 5:30 PM	25	26
27	28 Throwing/ Linear Progression Program 8:00 – 9:30 PM	29 Throwing Program/Strength 4:00 – 5:30 PM	30	31 Throwing Program/Strength 4:00 – 5:30 PM		

February 2019

◀ January

March ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Throwing/ Linear Progression Program 8:00 – 9:30 PM	5 Throwing Program/Strength 4:00 – 5:30 PM	6	7 Throwing Program/Strength 4:00 – 5:30 PM	8	9
10	11 Throwing/ Linear Progression Program 8:00 – 9:30 PM	12 Throwing Program/Strength 4:00 – 5:30 PM	13	14 Throwing Program/Strength 4:00 – 5:30 PM	15	16
17	18 Throwing/ Linear Progression Program 8:00 – 9:30 PM	19 Throwing Program/Strength 4:00 – 5:30 PM	20	21 Throwing Program/Strength 4:00 – 5:30 PM	22	23
24	25 Throwing/ Linear Progression Program 8:00 – 9:30 PM	26 Throwing Program/Strength 4:00 – 5:30 PM	27	28 Throwing Program/Strength 4:00 – 5:30 PM		

March 2019

◀ February

April ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Throwing/ Linear Progression Program 8:00 – 9:30 PM	5 Throwing Program/Strength 4:00 – 5:30 PM	6	7 Throwing Program/Strength 4:00 – 5:30 PM	8	9
10	11 Throwing/ Linear Progression Program 8:00 – 9:30 PM	12 Throwing Program/Strength 4:00 – 5:30 PM	13	14 Throwing Program/Strength 4:00 – 5:30 PM	15	16
17	18 High School Baseball Tryouts	19	20	21	22	23
24	25	26	27	28	29	30
31						