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| May |  |
|  | 2018 |
| Academy Schedule | Subtitle |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | May 30 | 1 | 2 | 3 | 4 | 5 |
|  | 1st Gr. GB’s 245-315  Hitting 315-415  2nd Gr. GB’s 330-400  Hitting 400-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | 1ST Gr. Hitting 245-330  Catcher Throw Down & Tags 330-415  2nd Gr. Hitting 330-415  Catcher Throw Down & Tags 415-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | Individual Work If Athlete wants to do work.  FRIDAY FREE DAY!!! |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | 1st Gr. Bunting 245-315  Hitting Drills 315-415  2nd Gr. Bunting 330-400  Hitting Drills 400-445 | Nutrition Class  1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | 1st Gr. GB work 245-315  Pop Ups 315-415  2nd Gr. GB Work 330-400  Pop Ups 400-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | Individual Work If Athlete wants to do work.  FRIDAY FREE DAY!!! |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | 1st Gr. Pitching Mechanics 245-315  Hitting 315-415  2nd Gr. Pitching Mechanics 330-400  Hitting 400-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | 1st Gr. Light Bullpens & Forehands Throwing on the run 245-330  Hitting 330-415  2nd Gr. Same Thing Times 330-415 / 415-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | Individual Work If Athlete wants to do work.  FRIDAY FREE DAY!!! |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 1st Gr. Hitting 245-330  Baserunning 330-415  2nd Gr. Hitting 330-415  Baserunning 415-445 | Nutrition Class  1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | 1st Gr. GB work 245-330  Rundowns 330-415  2nd Gr. GB Work 330-415  Rundowns 415-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | Individual Work If Athlete wants to do work.  FRIDAY FREE DAY!!! |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
|  | 1st Gr. Jumps on Steals 245-330 / Hit 330-415  2nd Gr. Same – Times 330-415 / 415-445 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 | 1st Gr. DP Work 245-345  Hit 345-415  2nd Gr. Same – Times  330-430 / 430-500 | 1st Gr. Lift 330-430  2nd Gr. Lift 400-500 |  |  |