

February 2019

BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/CONDITIONING/PRACTICE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
COACH JENSEN 419-544-6022 (C)	LIFTING: AUX WEIGHT ROOM 3:05-4 *CONDITIONING BEGINS* AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING: AUX WEIGHT ROOM 3:05-4 CONDITIONING: AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FOOTBALL WEIGHT ROOM 3:10-4:30	
3	4	5	6	7	8	9
	LIFTING: AUX WEIGHT ROOM 3:05-4 CONDITIONING: AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING: AUX WEIGHT ROOM 3:05-4 CONDITIONING: AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FOOTBALL WEIGHT ROOM 3:10-4:30	
10	11	12	13	14	15	16
	LIFTING: AUX WEIGHT ROOM 3:05-4 CONDITIONING: AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING: AUX WEIGHT ROOM 3:05-4 CONDITIONING: AUXILIARY GYM 4-4:45 THROWING 4:45-5:00	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-4:45 THROWING 4:45-5:00	NO SCHOOL	
17	18	19	20	21	22	23
	2-4 MS/AUX GYMS *PRACTICE BEGINS*	3:05-5:15 MS/AUX GYMS	3:05-4:45 MS/AUX GYMS LIFTING 4:45-5:15	3:05-5:15 MS/AUX GYMS	3:05-5:15 MS/AUX GYMS	TBA
24	25	26	27	28	1	2
	5:15-7:15 MS/AUX GYMS	5:15-7:15 MS/AUX GYMS	4:15-4:45 LIFTING 4:45-6:30 MS/AUX GYMS	5:15-7:15 MS/AUX GYMS	5:15-7:15 MS/AUX GYMS	BASEBALL YOUTH CLINIC-AUX GYM 9:30-12:30/COACHES CLINIC 8-9:30

THIS IS A **TENTATIVE** SCHEDULE AND IS SUBJECT TO CHANGE, ESPECIALLY DURING THE BKB TOURNAMENT. WEIGHT LIFTING IS STILL MONDAY, WEDNESDAY, FRIDAY THROUGH FEB. 15. IF SCHOOL IS CANCELED, THERE WILL BE NO CONDITIONING. PRACTICE ON CANCELED SCHOOL DAYS WILL BE TBA. ALL SCHEDULES AND OTHER INFORMATION CAN BE FOUND AT www.buckeyecentralbaseball.com OR FOLLOW US ON TWITTER @bcbucksbaseball or Facebook/Buckeye Central Baseball and Team App.