

December 2021

BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/THROWING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		
5	6	7	8	9	10	11
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		
12	13	14	15	16	17	18
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		
19	20	21	22	23	24	25
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		NO LIFTING	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK
26	27	28	29	30	31	1
CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK

LIFTING WILL BE AT THE **FOOTBALL WEIGHT ROOM**. AFTER LIFTING WE WILL DO OUR WINTER THROWING PROGRAM BY THROWING INTO NETS. **ALL SCHEDULES AND OTHER INFORMATION CAN BE FOUND AT www.buckeyecentralbaseball.com**. Follow us on Twitter @bcbucksbaseball and Facebook/Buckeye Central Baseball and Team App/Buckeye Central Baseball