

# December 2022

## BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/THROWING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
			LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		
4	5	6	7	8	9	10
	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		
11	12	13	14	15	16	17
	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		
18	19	20	21	22	23	24
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00		LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>
25	26	27	28	29	30	31
<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>	<b>CHRISTMAS BREAK</b>

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](http://www.buckeyecentralbaseball.com)**. Follow us on Twitter **@bcbucksbaseball** and Facebook/Buckeye Central Baseball and Team App/Buckeye Central Baseball