

February 2022

BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/CONDITIONING/PRACTICE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
	LIFTING/THROWING: FB WEIGHT ROOM 3:10-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15 *CONDITIONING BEGINS*	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FB WEIGHT ROOM 3:10-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FOOTBALL WEIGHT ROOM 3:10-4:45	
6	7	8	9	10	11	12
	LIFTING/THROWING: FB WEIGHT ROOM 3:10-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FB WEIGHT ROOM 3:10-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-4:45 THROWING 4:45-5:00	NO SCHOOL	
13	14	15	16	17	18	19
	LIFTING/THROWING: FB WEIGHT ROOM 3:10-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-5	LIFTING/THROWING: FB WEIGHT ROOM 3:05-4:40 CONDITIONING: AUXILIARY GYM 4:45-5:15	CONDITIONING: AUXILIARY GYM 3:05-4 HITTING: 4-4:45 THROWING 4:45-5:00 ISSUE PRACTICE PANTS	OFF	
20	21	22	23	24	25	26
	NO SCHOOL 3-5 MS/AUX GYM *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	3:05-4:45 MS/AUX GYMS LIFTING 4:45-5:15	OFF
27	28	1	2	3	4	5
	4:45-5:15 LIFTING 5:15-7:15	5:15-7:15	4:15-4:45 LIFTING 4:45-6:30	5:15-7:15	5:00-6:30 or 3:05-5:15 MS	BASEBALL YOUTH CLINIC-AUX GYM 10-1 COACHES CLINIC 8-10

THIS IS A **TENTATIVE** SCHEDULE AND IS SUBJECT TO CHANGE, ESPECIALLY DURING THE BKB TOURNAMENT. WEIGHT LIFTING IS STILL MONDAY, WEDNESDAY, FRIDAY THROUGH FEB. 16 UNLESS NOTED. IF SCHOOL IS CANCELED FOR WEATHER, 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.**