

February 2023

BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/CONDITIONING/PRACTICE SCHEDULE

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

THIS IS A **TENTATIVE** SCHEDULE AND IS SUBJECT TO CHANGE, ESPECIALLY DURING THE BKB TOURNAMENT. WEIGHT LIFTING IS STILL MONDAY, WEDNESDAY, FRIDAY THROUGH FEB. 17 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.**