

# January 2023

## BUCKEYE CENTRAL BASEBALL WEIGHT LIFTING/HITTING/THROWING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
CHRISTMAS BREAK	CHRISTMAS BREAK	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	
8	9	10	11	12	13	14
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	NO LIFTING	
15	16	17	18	19	20	21
	NO SCHOOL	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45 <b>THROWING DURING HITTING</b>	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	
22	23	24	25	26	27	28
	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/ THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	HITTING:GROUPS GROUP 1: 3:15-4:00 GROUP 2: 4:00-4:45	LIFTING/THROWING: FOOTBALL WEIGHT ROOM 3:10-5:00	
29	30	31	1	2	3	4
	LIFTING/THROWING: FB WEIGHT ROOM 3:10-5:30 <b>*CONDITIONING BEGINS*</b>	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	

**HITTING IS AT THE INDOOR CAGE AT THE PARK UNLESS NOTED.** HITTING SESSIONS ARE MINI-PRACTICES AND COACHES ARE ALLOWED TO COACH. IF YOU ARE NOT IN A WINTER SPORT, YOU WILL BE ASSIGNED A HITTING TIME. WE WILL CONTINUE OUR THROWING PROGRAM AT WEIGHT ROOM. **IF SCHOOL IS CANCELED, THERE WILL BE NO LIFTING, HITTING, OR THROWING.** ALL SCHEDULES AND OTHER INFORMATION CAN BE FOUND AT [www.buckeyecentralbaseball.com](http://www.buckeyecentralbaseball.com), Twitter @bcbucksbaseball, Facebook/Buckeye Central Baseball AND Team App. **SCHEDULE IS SUBJECT TO CHANGE.**