



# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	5
			Academic Awards Night	First Practice w/ Fresh Practice			
6	7	8	Athletic Awards Night	4-5:30 Aux Gym	10	11	12
				Practice			
13	14	15		4-5:30 Aux Gym	17	18	19
				Practice			
20	21	22	Last Day of School	4-5:30 Aux Gym	24	25	26
				Practice		Graduation	
27	28	29	7 Pm North Blue Cheyenne Extreme	Practice 4-5:30 Aux Gym Youth Leadership Forum 8:30-3:30	31		

# EVENTS

**Heading**  
The focus of this month is going to be fundamentals as well as learn in game situations.

**Things you can do at home**  
Work on wrist snaps with a ball and throwing. Hitting in the cages. If you are a pitcher/catcher you need to average 50 pitches a week.

**Heading**  
Start conditioning and working out. Run 1-3 miles a week.





# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# EVENTS

**Heading**  
 Tuesdays will be team practice. Bring cleats and pants. Be prepared to slide and field on dirt.  
 Thursdays will be workout/conditioning with individual drills.

**Things you can do at home**  
 Get in the cages and work on seeing balls/strikes. Throwing with accuracy is needed. Pitchers need to be in shape and prepared to pitch complete games.

**Heading**  
 Eating healthy is a key. Eliminate soft drinks and sugar/carb loaded foods.  
 Run 3-5 miles a week.



# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mini Camp	2 Mini Camp	3 Mini Camp	4
5	6 First Day of Official Practice 8-10 GEYL	7 Practice 8-10 GEYL	8 Practice 8-10 GEYL	9 Practice 8-10 GEYL	10 WEST? Practice 8-10 GEYL	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# EVENTS

Heading

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