

FIRESTONE HIGH SCHOOL/WEST AKRON						
2011 BASEBALL WORKOUT SCHEDULE						
DAY	DATE		DESCRIPTION	LOCATION	START TIME	END TIME
<b>MONDAY</b>	9/27/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	9/28/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	9/29/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	9/30/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	10/1/2010					
SATURDAY	10/2/2010					
SUNDAY	10/3/2010					
<b>MONDAY</b>	10/4/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	10/5/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	10/6/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	10/7/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	10/8/2010					
SATURDAY	10/9/2010					
SUNDAY	10/10/2010					
<b>MONDAY</b>	10/11/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	10/12/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	10/13/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	10/14/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	10/15/2010					
SATURDAY	10/16/2010					
SUNDAY	10/17/2010					
<b>MONDAY</b>	10/18/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	10/19/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	10/20/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	10/21/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	10/22/2010					
SATURDAY	10/23/2010					
SUNDAY	10/24/2010					
<b>MONDAY</b>	10/25/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	10/26/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	10/27/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	10/28/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	10/29/2010					
SATURDAY	10/30/2010					
SUNDAY	10/31/2010		OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
			OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	11/1/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	11/2/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	11/3/2010		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
			HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
			HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
			PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
			PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
THURSDAY	11/4/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	11/5/2010				
SATURDAY	11/6/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	11/7/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	11/8/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	11/9/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	11/10/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	11/11/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	11/12/2010				
SATURDAY	11/13/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	11/14/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	11/15/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	11/16/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	11/17/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	11/18/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	11/19/2010				
SATURDAY	11/20/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	11/21/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	11/22/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
TUESDAY	11/23/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	11/24/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	11/25/2010				
FRIDAY	11/26/2010				
<b>OFF FOR THANKSGIVING</b>					
SATURDAY	11/27/2010				
SUNDAY	11/28/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	11/29/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	11/30/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	12/1/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	12/2/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	12/3/2010				
SATURDAY	12/4/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	12/5/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	12/6/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	12/7/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	12/8/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	12/9/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	12/10/2010				
SATURDAY	12/11/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	12/12/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	12/13/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	12/14/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	12/15/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	12/16/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	12/17/2010				
SATURDAY	12/18/2010	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	12/19/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	12/20/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	12/21/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	12/22/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		HITTING CLASSES (U12)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		HITTING CLASSES (U18)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHING CLASSES (U18)	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHING CLASSES (U12)	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
THURSDAY	12/23/2010				
FRIDAY	12/24/2010				
SATURDAY	12/25/2010				
SUNDAY	12/26/2010	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	12/27/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
TUESDAY	12/28/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	12/29/2010	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
THURSDAY	12/30/2010				
FRIDAY	12/31/2010				

**OFF FOR CHRISTMAS**

**OFF FOR NEW YEARS**

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
SATURDAY	1/1/2011				
SUNDAY	1/2/2011	OPEN GYMS (U18)	FHS ACTIVITY CENTER	2:30 PM	4:00 PM
		OPEN GYMS (U12)	FHS ACTIVITY CENTER	4:00 PM	5:30 PM
<b>MONDAY</b>	1/3/2011	PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
TUESDAY	1/4/2011	TEAM CONDITIONING	FHS ACTIVITY CENTER	7:00 AM	7:45 AM
		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	1/5/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	1/6/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	1/7/2011				
SATURDAY	1/8/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	1/9/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	1/10/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
TUESDAY	1/11/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	1/12/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	1/13/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	1/14/2011				
SATURDAY	1/15/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	1/16/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	1/17/2011	<b>NO SCHOOL</b>			
TUESDAY	1/18/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	1/19/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	1/20/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	1/21/2011	<b>NO SCHOOL</b>			
SATURDAY	1/22/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
SUNDAY	1/23/2011	<b>PUTT-PUTT FUNDRAISER AT PORTAGE CC</b>			
<b>MONDAY</b>	1/24/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
TUESDAY	1/25/2011	TEAM CONDITIONING	FHS ACTIVITY CENTER	7:00 AM	7:45 AM
		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
WEDNESDAY	1/26/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	1/27/2011	TEAM CONDITIONING	FHS ACTIVITY CENTER	7:00 AM	7:45 AM
		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	1/28/2011				
SATURDAY	1/29/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	1/30/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	1/31/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
TUESDAY	2/1/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	2/2/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	2/3/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	2/4/2011				
SATURDAY	2/5/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	2/6/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	2/7/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
TUESDAY	2/8/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	2/9/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	2/10/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	2/11/2011				

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
SATURDAY	2/12/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	2/13/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	2/14/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
TUESDAY	2/15/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	2/16/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
		TEAM CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	9:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	9:00 PM	9:30 PM
THURSDAY	2/17/2011	TEAM CONDITIONING	FHS ACTIVITY CENTER	7:00 AM	7:45 AM
		WEIGHT TRAINING	FHS WEIGHT ROOM	3:30 PM	4:30 PM
FRIDAY	2/18/2011				
SATURDAY	2/19/2011	INDIVIDUAL SESSIONS	FHS ACTIVITY CENTER	2:00 PM	5:00 PM
SUNDAY	2/20/2011	<b>MIDWEST BASEBALL CLINICS</b>			
<b>MONDAY</b>	2/21/2011	10TH, 11TH, & 12TH (HITTING EVALS)	FHS ACTIVITY CENTER	6:45 AM	7:45 AM
		TEAM EVALS	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	8:30 PM
TUESDAY	2/22/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		TEAM TRYOUTS	FHS GYM	7:00 PM	8:30 PM
WEDNESDAY	2/23/2011	MIDDLE & FRESHMEN (HITTING EVALS)	FHS ACTIVITY CENTER	6:45 AM	7:45 AM
		TEAM EVALS	FHS ACTIVITY CENTER	7:00 PM	8:00 PM
		PITCHER/CATCHER CONDITIONING	FHS ACTIVITY CENTER	8:00 PM	8:30 PM
THURSDAY	2/23/2011	<b>OFF FOR DISTRICT WRESTLING TOURNAMENT</b>			
FRIDAY	2/24/2011				
SATURDAY	2/26/2011				
SUNDAY	2/27/2011				
<b>MIDWEST BASEBALL CLINICS</b>					
<b>MONDAY</b>	2/28/2011	VARSIY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSIY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
TUESDAY	3/1/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSIY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	3/2/2011	FROSH/MIDDLE HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSIY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
THURSDAY	3/3/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	3/4/2011	VARSITY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
SATURDAY	3/5/2011				
SUNDAY	3/6/2011	OPEN GYM	FHS ACTIVITY CENTER	2:30 PM	4:30 PM
<b>MONDAY</b>	3/7/2011	VARSITY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
TUESDAY	3/8/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	3/9/2011	FROSH/MIDDLE HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
THURSDAY	3/10/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	3/11/2011	VARSITY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
SATURDAY	3/12/2011	VARSITY & JV PRACTICE	FHS ACTIVITY CENTER	11:30 AM	1:00 PM
		FROSH & MIDDLE PRACTICE	FHS ACTIVITY CENTER	1:00 PM	2:30 PM
SUNDAY	3/13/2011				
<b>MONDAY</b>	3/14/2011	VARSITY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
TUESDAY	3/15/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
WEDNESDAY	3/16/2011	FROSH/MIDDLE HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
THURSDAY	3/17/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	3/18/2011	VARSITY & JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH & MIDDLE SCHOOL CLUB	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
SATURDAY	3/19/2011	<b>UNIFORM PICK-UP</b>	<b>COACH LIGHTFOOT'S</b>	<b>10:00 AM</b>	<b>2:00 PM</b>
SUNDAY	3/20/2011				
<b>MONDAY</b>	3/21/2011	VARSITY/JV HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		ALL TEAM PICTURES	TBA	4:00 PM	5:00 PM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
TUESDAY	3/22/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		<b>MEET THE TEAM NIGHT</b>	<b>FHS CAFETERIA</b>	<b>6:00 PM</b>	<b>8:00 PM</b>
WEDNESDAY	3/23/2011	FROSH/MIDDLE HITTING	FHS ACTIVITY CENTER	6:30 AM	7:30 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
THURSDAY	3/24/2011	WEIGHT TRAINING	FHS WEIGHT ROOM	6:30 AM	7:15 AM
		VARSITY/JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM

DAY	DATE	DESCRIPTION	LOCATION	START TIME	END TIME
		FROSH/MIDDLE PRACTICE	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
FRIDAY	3/25/2011	VARSITY & JV PRACTICE	FHS ACTIVITY CENTER	6:00 PM	7:30 PM
		FROSH & MIDDLE SCHOOL CLUB	FHS ACTIVITY CENTER	7:30 PM	9:00 PM
SATURDAY	3/26/2011	VARSITY & JV PRACTICE	FHS ACTIVITY CENTER	11:30 AM	1:00 PM
		FROSH & MIDDLE SCHOOL CLUB	FHS ACTIVITY CENTER	1:00 PM	2:30 PM
SUNDAY	3/27/2011				
<b>MONDAY</b>	3/28/2011				
TUESDAY	3/29/2011				
WEDNESDAY	3/30/2011				
THURSDAY	3/31/2011				
FRIDAY	4/1/2011				
SATURDAY	4/2/2011				
SUNDAY	4/3/2011				

**SEE GAME SCHEDULE**