



January 2017

Ranger Baseball-Winter Workouts



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Schedule is subject to change. Players will be notified of any adjustments in the schedule at workouts.	2 NO SCHOOL Winter Break	3 Boys B-Ball	4 Boys B-Ball	5 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	6 Boys B-Ball	7 Pitchers/Catchers, 5:40 am Hitters and position players 7:00am (Gym/JV Field) Weather Depending
8	9 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	10 Girls B-Ball	11 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	12	13 Coaches Clinic	14 Coaches Clinic
15 Coaches Clinic	16 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	17 Boys B-Ball	18 5:40 AM 11-12 Hitting	19 Girls B-Ball	20	21 Pitchers/Catchers, 5:40 am Hitters and position players 7:00am (Gym/JV Field) Weather Depending
22	23 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	24 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	25 Boys B-Ball	26 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	27	28 Wiffle Ball Tournament 2:30pm
29	30 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	31 Girls B-Ball				



February 2017

Ranger Baseball-Winter Workouts



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	2 Girls B-Ball	3 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	4 Outside Weather permitting 12:30- 3:00
5	6 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	7 Boys B-Ball	8 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	9 Boys B-Ball	10 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	11 Outside Weather permitting 12:30- 3:00
12	13 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	14 Boys B-Ball	15 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	16 Girls B-Ball	17 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	18 Outside Weather permitting 12:30- 3:00
19	20 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	21 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	22 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	23 7-9 pm Aux Gym Throwing/Conditioning/ Hitting All Grades	24 All Player Meeting 3:15 Team Room	25
26	27 Tryouts Schedule TBA	28 Tryouts Schedule TBA	1 Tryouts Schedule TBA	2 Tryouts Schedule TBA	March 3 Varsity Indoor BP Individual Player Meetings 12th, 3:00 pm 11th, 3:30 pm 10th, 4:15 pm 9th, 5:15 pm	<i>March 4</i> Uniform Issue Media Guide Pictures Team Meetings Practice 7:00 am—ALL DAY