

2021-2022 CBHS BASEBALL STRENGTH AND CONDITIONING SCHEDULE

DATE	DAY	TIME	DATE	DAY	TIME
8/10/21	T	3:30-4:30 PM	12/20/21	M	11:00-1:00 PM
8/12/21	TH	3:30-4:30 PM	12/21/21	T	11:00-1:00 PM
8/17/21	T	3:30-4:30 PM	12/22/21	W	11:00-1:00 PM
8/19/21	TH	3:30-4:30 PM	12/23/21	TH	11:00-1:00 PM
8/24/21	T	3:30-4:30 PM	12/27/21	M	11:00-1:00 PM
8/26/21	TH	3:30-4:30 PM	12/28/21	T	11:00-1:00 PM
8/31/21	T	3:30-4:30 PM	12/29/21	W	11:00-1:00 PM
9/2/21	TH	3:30-4:30 PM	12/30/21	TH	11:00-1:00 PM
9/7/21	T	3:30-4:30 PM	1/3/22	M	3:30-5:30 PM
9/9/21	TH	3:30-4:30 PM	1/4/22	T	3:30-5:30 PM
9/14/21	T	3:30-4:30 PM	1/5/22	W	3:30-5:30 PM
9/16/21	TH	3:30-4:30 PM	1/6/22	TH	3:30-5:30 PM
9/21/21	T	3:30-4:30 PM	1/10/22	M	3:30-5:30 PM
9/23/21	TH	3:30-4:30 PM	1/11/22	T	3:30-5:30 PM
9/28/21	T	3:30-4:30 PM	1/12/22	W	3:30-5:30 PM
9/30/21	TH	3:30-4:30 PM	1/13/22	TH	3:30-5:30 PM
10/1-10/6	FALL	BREAK	1/18/22	T	3:30-5:30 PM
10/7/21	TH	3:30-5:30 PM	1/19/22	W	3:30-5:30 PM
10/11/21	M	3:30-5:30 PM	1/20/22	TH	3:30-5:30 PM
10/12/21	T	3:30-5:30 PM	1/21/22	F	3:30-5:30 PM
10/14/21	TH	3:30-5:30 PM	1/24/22	M	3:30-5:30 PM
10/18/21	M	3:30-5:30 PM	1/25/22	T	3:30-5:30 PM
10/19/21	T	3:30-5:30 PM	1/26/22	W	3:30-5:30 PM
10/21/21	TH	3:30-5:30 PM	1/27/22	TH	3:30-5:30 PM
10/25/21	M	3:30-5:30 PM	1/31/22	M	3:30-5:30 PM
10/26/21	T	3:30-5:30 PM	2/1/22	T	3:30-5:30 PM
10/28/21	TH	3:30-5:30 PM	2/2/22	W	3:30-5:30 PM
11/1/21	M	3:30-5:30 PM	2/3/22	TH	3:30-5:30 PM
11/2/21	T	3:30-5:30 PM	2/7/22	M	3:30-5:30 PM
11/4/21	TH	3:30-5:30 PM	2/8/22	T	3:30-5:30 PM
11/8/21	M	3:30-5:30 PM	2/9/22	W	3:30-5:30 PM
11/9/21	T	3:30-5:30 PM	2/10/22	TH	3:30-5:30 PM
11/11/21	TH	3:30-5:30 PM	2/14/22	1ST	PRACTICE
11/15/21	M	3:30-5:30 PM			
11/16/21	T	3:30-5:30 PM			
11/18/21	TH	3:30-5:30 PM			
11/22/21	M	3:30-5:30 PM			
11/24-11/28	THANKSGIVING	BREAK			
11/29/21	M	3:30-5:30 PM			
11/30/21	T	3:30-5:30 PM			
12/1/21	W	3:30-5:30 PM			
12/2/21	TH	3:30-5:30 PM			
12/6/21	M	3:30-5:30 PM			
12/7/21	T	3:30-5:30 PM			
12/8/21	W	3:30-5:30 PM			
12/9/21	TH	3:30-5:30 PM			
12/14/21	T	11:00-1:00 PM			
12/15/21	W	11:00-12:00 PM			
12/16/21	TH	11:00-1:00 PM			
12/17/21	F	11:00-12:00 PM			

NOTES:

1. YOU ARE ENCOURAGED TO BE AT A MINIMUM OF 90% OF THE WORKOUTS LISTED ABOVE.
2. ANY DAY **YOU** CAN NOT MAKE IT, **YOU** NEED TO LET COACHES KNOW.
3. PLAYERS ARE ASKED TO WEAR A PURPLE SHIRT, WITH GREY SHORTS OR SWEATPANTS.
4. NO PRACTICES WILL BE MISSED AFTER 2/14, WHICH IS OUR FIRST OFFICIAL PRACTICE.