

CBHS BASEBALL

2020 – 2021 WEIGHT & CONDITIONING SCHEDULE

| <u>DATE</u>     | <u>DAY</u> | <u>TIME</u>    | <u>DATE</u>      | <u>DAY</u> | <u>TIME</u>      |
|-----------------|------------|----------------|------------------|------------|------------------|
| 8/5/20          | W          | 3:30 - 4:30 PM | 10/21/20         | W          | 3:30 – 5:30 PM   |
| 8/7/20          | F          | 3:30 - 4:30 PM | 10/23/20         | F          | 3:30 – 5:30 PM   |
| 8/10/20         | M          | 3:30 – 4:30 PM | 10/26/20         | M          | 3:30 – 5:30 PM   |
| 8/12/20         | W          | 3:30 – 4:30 PM | 10/28/20         | W          | 3:30 – 5:30 PM   |
| 8/17/20         | M          | 3:30 – 4:30 PM | 10/30/20         | F          | 3:30 – 5:30 PM   |
| 8/19/20         | W          | 3:30 – 4:30 PM | 11/4/20          | W          | 3:30 – 5:30 PM   |
| 8/24/20         | M          | 3:30 – 4:30 PM | 11/6/20          | F          | 3:30 – 5:30 PM   |
| 8/26/20         | W          | 3:30 – 4:30 PM | 11/9/20          | M          | 3:30 – 5:30 PM   |
| 8/31/20         | M          | 3:30 – 4:30 PM | 11/11/20         | W          | 3:30 – 5:30 PM   |
| 9/2/20          | W          | 3:30 – 4:30 PM | 11/13/20         | F          | 3:30 – 5:30 PM   |
| 9/9/20          | W          | 3:30 – 4:30 PM | 11/16/20         | M          | 3:30 – 5:30 PM   |
| 9/14/20         | M          | 3:30 – 4:30 PM | 11/18/20         | W          | 3:30 – 5:30 PM   |
| 9/16/20         | W          | 3:30 – 4:30 PM | 11/20/20         | F          | 3:30 – 5:30 PM   |
| 9/21/20         | M          | 3:30 – 4:30 PM | 11/23/20         | M          | 3:30 – 5:30 PM   |
| 9/23/20         | W          | 3:30 – 4:30 PM | 11/25 – 11/29/20 |            | THANKSGIVING     |
| 9/28/20         | M          | 3:30 – 4:30 PM | 11/30/20         | M          | 3:30 – 5:30 PM   |
| 9/30/20         | W          | 3:30 – 4:30 PM | 12/2/20          | W          | 3:30 – 5:30 PM   |
| 10/5/20         | M          | 3:30 – 4:30 PM | 12/4/20          | F          | 3:30 – 5:30 PM   |
| 10/7/20         | W          | 3:30 – 4:30 PM | 12/7/20          | M          | 3:30 – 5:30 PM   |
| 10/8 – 10/12/20 |            | FALL BREAK     | 12/9/20          | W          | 3:30 – 5:30 PM   |
| 10/14/20        | W          | 3:30 – 5:30 PM | 12/11/20         | F          | 3:30 – 5:30 PM   |
| 10/16/20        | F          | 3:30 – 5:30 PM | 12/14/20         | M          | 3:30 – 5:30 PM   |
| 10/19/20        | M          | 3:30 – 5:30 PM | 12/16/20         | W          | 10:30 – 11:30 AM |

10/19/21 M 3:30 – 5:30 PM

| <u>DATE</u> | <u>DAY</u> | <u>TIME</u>      |
|-------------|------------|------------------|
| 12/18/20    | F          | 10:30 – 11:30 AM |
| 12/21/20    | M          | 1:00 – 3:00 PM   |
| 12/22/20    | TU         | 1:00 – 3:00 PM   |
| 12/23/20    | W          | 1:00 – 3:00 PM   |
| 12/28/20    | M          | 1:00 – 3:00 PM   |
| 12/29/20    | TU         | 1:00 – 3:00 PM   |
| 12/30/20    | W          | 1:00 – 3:00 PM   |
| 12/31/20    | TH         | 1:00 – 3:00 PM   |
| 1/4/21      | M          | 1:00 – 3:00 PM   |
| 1/6/21      | W          | 3:30 – 5:30 PM   |
| 1/8/21      | F          | 3:30 – 5:30 PM   |
| 1/11/21     | M          | 3:15 – 5:00 PM   |
| 1/12/21     | TU         | 3:15 – 5:00 PM   |
| 1/13/21     | W          | 3:15 – 5:00 PM   |
| 1/14/21     | TH         | 3:15 – 5:00 PM   |
| 1/19/21     | TU         | 3:15 – 5:00 PM   |
| 1/20/21     | W          | 3:15 – 5:00 PM   |
| 1/21/21     | TH         | 3:15 – 5:00 PM   |
| 1/22/21     | F          | 3:15 – 5:00 PM   |
| 1/25/21     | M          | 3:15 – 5:00 PM   |
| 1/26/21     | TU         | 3:15 – 5:00 PM   |
| 1/27/21     | W          | 3:15 – 5:00 PM   |
| 1/28/21     | TH         | 3:15 – 5:00 PM   |
| 2/1/21      | M          | 3:15 – 5:00 PM   |

| <u>DATE</u> | <u>DAY</u> | <u>TIME</u>              |
|-------------|------------|--------------------------|
| 2/2/21      | TU         | 3:15 – 5:00 PM           |
| 2/3/21      | W          | 3:15 – 5:00 PM           |
| 2/4/21      | TH         | 3:15 – 5:00 PM           |
| 2/8/21      | M          | 3:15 – 5:00 PM           |
| 2/9/21      | T          | 3:15 – 5:00 PM           |
| 2/10/21     | W          | 3:15 – 5:00 PM           |
| 2/11/21     | TH         | 3:15 – 5:00 PM           |
| 2/15/21     | M          | 1 <sup>ST</sup> PRACTICE |

#### A FEW NOTES

1. This schedule is a minimum schedule. Many may want to do more.
2. 90 % of the workouts should be attended. This means you should be at 68 of the 75 workouts.
3. Any day missed should be communicated **directly to Coach Kelso**. Not to any other player or other coaches.
4. All players need to wear a purple top and gray shorts or sweatpants for workouts.
5. NO practices are missed after 2/15/21 which is the first official practice.