

James Wood Baseball

Winter Practice & Workout Schedule

DECEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 5:30-8	20	21 6-8:30
22	23 5:30-8	24	25	26	27	28
29	30 5:30-8	31				

Blue days: Practice days

Yellow days: Workout Days

JANUARY

S	M	T	W	T	F	S
			1	2	3	4 9-11am
5	6	7 7-9pm	8	9	10	11 9-11am
12	13	14	15 5:30-8	16	17	18 1-4pm
19	20	21 7-9pm	22	23	24	25 1-4pm
26	27	28	29 7-9pm	30	31	

