

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
				7:30pm Speed&Strength	12:30pm Metric Day	
12	13	14	15	16	17	18
				7:30pm Speed&Strength		
19	20	21	22	23	24	25
				7:30pm Speed&Strength		
26	27	28	29	30	31	1
				7:30pm Speed&Strength		
2	3	Notes				

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
		8:00pm Hitting		7:30pm Speed&Strength		
9	10	11	12	13	14	15
		8:00pm Hitting		7:30pm Speed&Strength		
16	17	18	19	20	21	22
		8:00pm Hitting				
23	24	25	26	27	28	29
		8:00pm Hitting				
30	1	Notes				

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
		8:00pm Hitting	5:00pm Catching Labs 7:00pm Pitching Labs			
7	8	9	10	11	12	13
		8:00pm Hitting	5:00pm Catching Labs 7:00pm Pitching Labs			
14	15	16	17	18	19	20
		8:00pm Hitting	5:00pm Catching Labs 7:00pm Pitching Labs			
21	22	23	24	25	26	27
28	29	30	31	1	2	3

4	5	Notes
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