

September 2023

September 2023							October 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9	8	9	10	11	12	13	14
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17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 27	28	29	30	31	Sep 1 2nd & 6th Per.-Strength & Conditioning	2
3	4 2nd & 6th Per.-Strength & Conditioning	5 2nd & 6th Per.-Speed & Core Work Fr/Jv-Team Meeting in Weight Room @ Team Meeting in LLH	6 2nd & 6th Per.-Strength & Conditioning All Levels: Vertical Raise Meeting in LLH 4pm Parent Meeting in LLH	7 Strength & Conditioning @ 3:30pm	8 2nd & 6th Per.-Speed & Core Work	9
10	11 2nd & 6th Per.-Strength & Conditioning	12 2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team meeting in LLH	13 2nd & 6th Per.-Strength & Conditioning Team Meeting in LLH @ 3:30pm	14 Strength & Conditioning @ 3:30pm	15 2nd & 6th Per.-Strength & Conditioning	16
17	18 2nd & 6th Per.-Strength & Conditioning Bullpen Sessions: P/C Indy D/BP Groups	19 2nd & 6th Per.-Speed & Core Work Bullpen Sessions: P/C Fr/Jv-Strength & Conditioning Indy D/BP Groups	20 2nd & 6th Per.-Strength & Conditioning Bullpens Sessions: P/C Indy D/BP Groups	21 Indy D/BP Groups & Bullpens Strength & Conditioning @ 3:30pm	22 2nd & 6th Per.-Speed & Core Work	23
24	25 2nd & 6th Per.-Strength & Conditioning Indy D/BP Groups	26 2nd & 6th Per.-Speed & Core Work Bullpens Sessions: P/C Fr/Jv-Strength & Conditioning Indy D/BP Groups	27 2nd & 6th Per.-Strength & Conditioning Bullpens Sessions: P/C Indy D/BP Groups	28 Indy D/BP Groups & Bullpens Strength & Conditioning @ 3:30pm	29 2nd & 6th Period-Strength & Conditioning	30

October 2023

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November 2023						
Su	Mo	Tu	We	Th	Fr	Sa
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 1	2 2nd & 6th Per.-Strength & Conditioning Team Practice	3 2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team Practice	4 2nd & 6th Per.-Strength & Conditioning Team Practice	5 Strength & Conditioning @ 3:30pm Team Practice	6 2nd & 6th Period-Speed & Core Work	7 Bronco Foundation Dinner 6pm-10pm Bronco Foundation Dinner Set-up: All Varsity Players &
8	9 2nd & 6th Per.-Strength & Conditioning Team Practice	10 2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team Practice	11 2nd & 6th Strength & Conditioning Prieto-Leaves for TCU Trip Team Practice	12 Strength & Conditioning @ 3:30pm Team Practice	13 2nd & 6th Period-Strength & Conditioning	14
15 Prieto-Return from TCU Trip	16 2nd & 6th Per.-Strength & Conditioning Squads/Games Begin Team Practice	17 2nd & 6th Per.-Speed & Core Work Fr-Jv-Strength & Conditioning @ Team Practice	18 2nd & 6th Per.-Strength & Conditioning Team Practice	19 Strength & Conditioning @ 3:30pm Team Practice	20 2nd & 6th Per.-Speed & Core Work	21
22	23 2nd & 6th Per.-Strength & Conditioning Team Practice	24 2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team Practice	25 2nd & 6th Per.-Strength & Conditioning Team Practice	26 Strength & Conditioning @ 3:30pm Team Practice	27 2nd & 6th Per.-Strength & Conditioning	28
29	30 2nd & 6th Per.-Strength & Conditioning Halloween Game: Coach Pitch?	31 2nd & 6th Per.-Speed & Core work Bullpens Halloween	Nov 1	2	3	4

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December 2023						
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31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 29	30	31	Nov 1	2	3	4
			2nd & 6th Per.-Strength & Conditioning Team Practice	All: Strength & Conditioning @3:30 Bronco World Series Draft 5:00pm Bullpens	2nd & 6th Per.-Speed & Core Work	
5	6	7	8	9	10	11
CN Baseball Golf Tournament 8:30am	2nd & 6th Per.-Strength & Conditioning Team Practice	2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team Practice	2nd & 6th Per.-Strength & Conditioning Team Practice	Frosh & JV Coaches Come for Bronco WS Strength & Conditioning 3:30pm	2nd & 6th Per.-Strength & Conditioning	
12	13	14	15	16	17	18
	2nd & 6th Per.-Strength & Conditioning Bronco World Series Game 1	2nd & 6th Per.-Speed & Core Work Fr/Jv-Strength & Conditioning @ Team Practice	2nd & 6th Per.-Strength & Conditioning Bronco World Series Game 2	Bronco World Series Game 3 or S&C	2nd & 6th Per.-Speed & Core Work	
19	20	21	22	23	24	25
	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving	Thanksgiving Break	
26	27	28	29	30	Dec 1	2
	2nd & 6th Per.-Strength & Conditioning	2nd & 6th Per.-Speed & Core Work Strength & Conditioning @ 3:30pm	2nd & 6th Per.-Strength & Conditioning	Strength & Conditioning 3:30pm		

December 2023

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Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	15	16	21	15	16	17	18	19	20
24	25	26	27	28	22	23	28	22	23	24	25	26	27
31					29	30		29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 26	27	28	29	30	Dec 1 2nd & 6th Per.-Strength & Conditioning	2
3	4 2nd & 6th Per.-Strength & Conditioning	5 2nd & 6th Per.-Speed & Core Work Strength & Conditioning @ 3:30pm	6 2nd & 6th Per.-Strength & Conditioning	7 Strength & Conditioning @ 3:30pm	8 2nd & 6th Per.-Speed & Core Work	9
10	11 2nd & 6th Per.-Strength & Conditioning	12 2nd & 6th Per.-Speed & Core Work Strength & Conditioning @ 3:30pm	13 2nd & 6th Per.-Strength & Conditioning	14 Strength & Conditioning @ 3:30pm	15 2nd & 6th Per.-Strength & Conditioning	16
17	18 2nd & 6th Per.-Strength & Conditioning	19 2nd & 6th Per.-Speed & Core work Strength & Conditioning @ 3:30pm	20 2nd & 6th Per.-Speed & Core Work	21 Strength & Conditioning @ 3:30pm	22 2nd & 6th Per.-Speed & Core Work	23
24	25 Christmas Break	26 Christmas Break	27 Christmas Break	28 Christmas Break CN Winter Baseball Camp	29 Christmas Break CN Winter Baseball Camp	30
31	Jan 1, 24	2	3	4	5	6