

Pitching Lab Schedule

(Wednesdays and Saturdays)

#	Day	Date	Approx. Duration	Activity	Time
1	Wednesday	1-Nov	90 Min	Assessment	Pre-Designated Time
2	Saturday	4-Nov	75 Min	Strength	Pre-Designated Time
3	Wednesday	8-Nov	75 Min	Strength	Pre-Designated Time
4	Saturday	11-Nov	75 Min	Strength	Pre-Designated Time
5	Wednesday	15-Nov	75 Min	Strength	Pre-Designated Time
6	Saturday	18-Nov	75 Min	Strength	Pre-Designated Time
7	Wednesday	22-Nov	75 Min	Strength	Pre-Designated Time
8	Saturday	25-Nov	No Session - Thanksgiving Weekend		
9	Wednesday	29-Nov	75 Min	Strength	Pre-Designated Time
10	Saturday	2-Dec	75 Min	Strength	Pre-Designated Time
11	Wednesday	6-Dec	75 Min	Strength	Pre-Designated Time
12	Saturday	9-Dec	75 Min	Strength	Pre-Designated Time
13	Wednesday	13-Dec	75 Min	Pitching/Strength	Pre-Designated Time
14	Saturday	16-Dec	120 Min	Pitching/Strength	Pre-Designated Time
15	Wednesday	20-Dec	120 Min	Pitching/Strength	Pre-Designated Time
16	Saturday	23-Dec	120 Min	Pitching/Strength	Pre-Designated Time
17	Wednesday	27-Dec	No Session - Holiday Week		
18	Saturday	30-Dec	No Session - Holiday Week		
19	Wednesday	3-Jan	No Session - Holiday Week		
20	Saturday	6-Jan	120 Min	Pitching/Strength	Pre-Designated Time
21	Wednesday	10-Jan	120 Min	Pitching/Strength	Pre-Designated Time
22	Saturday	13-Jan	120 Min	Pitching/Strength	Pre-Designated Time
23	Wednesday	17-Jan	120 Min	Pitching/Strength	Pre-Designated Time
24	Saturday	20-Jan	120 Min	Pitching/Strength	Pre-Designated Time
25	Wednesday	24-Jan	120 Min	Pitching/Strength	Pre-Designated Time
26	Saturday	27-Jan	120 Min	Pitching/Strength	Pre-Designated Time
27	Wednesday	31-Jan	120 Min	Pitching/Strength	Pre-Designated Time
28	Saturday	3-Feb	120 Min	Pitching/Strength	Pre-Designated Time
29	Wednesday	7-Feb	120 Min	Pitching/Strength	Pre-Designated Time
30	Saturday	10-Feb	120 Min	Pitching/Strength	Pre-Designated Time
31	Wednesday	14-Feb	120 Min	Pitching/Strength	Pre-Designated Time
32	Saturday	17-Feb	120 Min	Pitching/Strength	Pre-Designated Time
33	Wednesday	21-Feb	120 Min	Pitching/Strength	Pre-Designated Time
34	Saturday	24-Feb	120 Min	Pitching/Assessment	Pre-Designated Time
	Sunday	25-Feb	LIVE (separate event)		
	Monday	26-Feb			
	Tuesday	27-Feb			