





2017-2018 MAX PERFORMANCE SCHEDULE (SUBJECT TO CHANGE)

BEGINS: TUESDAY, NOVEMBER 28th

FINAL DAY: SUNDAY, MARCH 18TH

		December	January	February	March
	1		1	1	1
	2		2	2	2
	3		3	3	3
	4		4	4	4
	5		5	5	5
	6		6	6	6
	7		7	7	7
	8		8	8	8
	9		9	9	9
	10		10	10	10
	11		11	11	11
	12		12	12	12
	13		13	13	13
	14		14	14	14
	15		15	15	15
	16		16	16	16
	17		17	17	17
	18		18	18	18 Program Ends
	19		19	19	
	20		20	20	
	21		21	21	
	22		22	22	
	23		23	23	
	24		24	24	
	25		25	25	
26	26		26	26	
27	27		27	27	
28	28		28	28	
29	29		29		
30	30		30		
	31		31		

 OFF DAY
 Training Day

November

 27 Program Begins




DAILY SCHEDULE (TUESDAY & THURSDAY)

4:00-5:00P Upperclass Hitting or Throwing Program
5:00-6:00P Underclass Hitting or Throwing Program
6:00-7:00P Throwing Program

DAILY SCHEDULE (SATURDAY)

11-12PM Underclass Hitting or Throwing Program
12-1PM Upperclass Hitting or Throwing Program
1-2PM Throwing Program

DAILY SCHEDULE (SUNDAY)

10-11AM Throwing Program
11-12PM Upperclass Hitting or Throwing Program
12-1PM Underclass Hitting or Throwing Program

**We try to give players a two week advance notice with any changes to the schedule
If we have to cancel sessions for the day for whatever reason, we will add make up days.
All players will have 60 days of training.

