

NOVEMBER 2018 JRHS & ESDS BASEBALL CONCENTRATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 12:50-16:00 JRHS		Lindsay Place HS (LBPHS Optional) 10am-12pm - Pitch & Catchers (12 yrs -) 12pm - 2pm - Hitting & Defence (12 yrs -) 2pm - 4 pm - Pitching & Catching (13 yrs+) 4pm - 6pm - Hitting & Defence (13 yrs +)
5	6	7	8	9	10	11
JRHS & ESDS 12:50-16:00 JRHS	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS PED DAY NO TRAINING		Lindsay Place HS (LBPHS Optional) 10am-12pm - Pitch & Catchers (12 yrs -) 12pm - 2pm - Hitting & Defence (12 yrs -) 2pm - 4 pm - Pitching & Catching (13 yrs+) 4pm - 6pm - Hitting & Defence (13 yrs +)
EXTENDED INDOOR TRAINING JOHN RENNIE HS 4:30-6:30 6:30-8:30		EXTENDED INDOOR TRAINING JOHN RENNIE HS 4:30-6:30 6:30-8:30				
12	13	14	15	16	17	18
JRHS & ESDS 12:50-16:00 JRHS	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 12:50-16:00 JRHS		Lindsay Place HS (LBPHS Optional) 10am-12pm - Pitch & Catchers (12 yrs -) 12pm - 2pm - Hitting & Defence (12 yrs -) 2pm - 4 pm - Pitching & Catching (13 yrs+) 4pm - 6pm - Hitting & Defence (13 yrs +)
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19	20	21	22	23	24	25
JRHS & ESDS 12:50-16:00 JRHS	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 13:00 - 16:00 Club Dome	JRHS & ESDS 12:50-16:00 JRHS		Lindsay Place HS (LBPHS Optional) 10am-12pm - Pitch & Catchers (12 yrs -) 12pm - 2pm - Hitting & Defence (12 yrs -) 2pm - 4 pm - Pitching & Catching (13 yrs+) 4pm - 6pm - Hitting & Defence (13 yrs +)
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26	27	28	29	30		
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