



# January 2019 Softball

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 
6 What you are will show in what you do!		8 Meet @ Track 2 Mile Test Pick-up Candy	9 Bring Cleats/ Glove Meet @ Track Sit-up/Push-up/ Standing Broad Jump Tests	10 Meet @ Track 1/2 Gasser Test BB Throw Test	11 Bring Cleats/ Glove Meet @ Track	12 <b>Work Day 9-11</b>
13 <b>If you are afraid of failure you don't deserve to be successful!</b>	14 Meet @ Track Run/Lift	15 Bring Cleats/ Glove Meet @ Track	16 Sprints/ Conditioning Meet @ Field	17 Bring Cleats/ Glove Meet @ Track	18 <b>TRYOUTS</b> <b>3:45-5:45</b> <b>Returning Varsity</b> <b>&amp; 11th/12th</b> <b>5:15-7 -JV/9th</b>	19 <b>TRYOUTS</b> <b>Returning Varsity &amp;</b> <b>11th/12th -9-11</b> <b>P&amp;C 10:30-12</b> <b>JV/9th- 12-2</b>
20 <i>If you want to win, do the ordinary things better than anyone else does them day in and day out!</i>	21 JV 9-12 P&C 10:30-12 V 11-2 Give out equipment before or after practices	22 JV P&C 3:45 4:45-6 V 3:45-5:45 <b>MEET THE PANTHER 7:00</b>	23 V P&C 3:45 5-7	24 V P&C 3:45 5-7	25 V 3:35-5:45 JV LIFT 4:15 5:15-7	26
27 We either make ourselves miserable or we make ourselves strong. The amount of work is the same!	28 <b>V Forney (A)</b> <b>5:15/6:30</b> <b>JV 3:45-5:30</b>	29 <b>JV Forney (H) 4:30</b> <b>V 3:45-5:45 with Lift</b>	30 <b>Picture Day!</b>	31 JV Lift 4:15 5:15-7 V 3:45-5:45		