

Softball March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 JV 3:45-5:15 V Hit 6:15 9-Heath @ MHS 3-Abilene @MNHS</p>	<p>2 V Hit 6:15 9-Argyle @ MNHS JV Hit 8:45 11 & 1 @AS2</p>
<p>3 Either you run the day or the day runs you.</p>	<p>4 V 3:45-5:45 V P&C 5:45-6:30 JV 5-6:30</p>	<p>5 JV/V Boyd (T) 5/7</p>	<p>6 JV 3:45-5:15 P&C 5:15-5:45 V P&C 3:45 V 4:30-6:30</p>	<p>7 V 3:45-5:45 JV Lift 4:30 5:00-6:30</p>	<p>8 JV/V Prosper (H) 5/7</p>	<p>9 V 9-10:30 Lift/Sprints</p>
<p>10 Ambition is the path to success. Persistence is the vehicle you arrive in.</p>	<p>11 JV/V P&C 9-9:45 JV/V 9:30-11:30 Team Lunch Blount Farms- 11:30-3</p>	<p>12 JV/V Allen (T) 5/7</p>	<p>13 JV/V Plano (H) 5/7</p>	<p>14 <i>You have 4 days to do 3 missions.</i></p>	<p>15 1. Tabata Workout 2. Yoga Workout 3. Softball Skills Day</p>	<p>16 <i>Coach Welch will send the 2 links.</i></p>
<p>17 <i>It is our choices that show what we truly are, far more than our abilities.</i></p>	<p>18 V 3:45-5:45 P&C 5:45-6:30 JV 5-6:30</p>	<p>19 JV/V McKinney (T) 5/7</p>	<p>20 JV 3:45-5:15 P&C 5:15-5:45 V Lift/Sprints 4:30 5:00-6:30</p>	<p>21 V 3:45-5:45 JV Lift 4:30 5:00-6:30</p>	<p>22 JV/V Plano West (T) 5/7</p>	<p>23</p>
<p>24 Challenges are what make life interesting and over coming them is what Makes life meaningful.</p>	<p>25 V 3:45-5:45 P&C 5:45-6:30 JV 5-6:30</p>	<p>26 JV/V Forney (T) 5/7</p>	<p>27 JV 3:45-5:15 P&C 5:15-5:45 V P&C 3:45 V 4:30-6:30</p>	<p>28 V 3:45-5:45 JV Lift 4:30 5:00-6:30</p>	<p>29 JV/V Boyd (H) 5/7</p>	<p>30 V 9-10:30 Lift/Sprints</p>
<p>31 <i>If you are determined enough and willing to pay the price, you can get it done.</i></p>						