



# Athens Bulldogs Baseball — 2016 WINTER CALENDAR

*This off-season schedule is for Nov-Jan. Dates & times subject to change depending on weather, winter sports schedules, etc.*

## NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Meeting (demonstration) 5:30-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Open Gym 8AM-10AM or TBA
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Weight Room 6PM-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Open Gym 8AM-10AM or TBA
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Weight Room 6PM-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Conditioning 5:30-6:30PM	Weight Room 6PM-7PM	Open Gym 8AM-10AM or TBA
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Weight Room 6PM-7PM	Conditioning 5PM-6PM	Weight Room 6PM-7PM	OFF THANKSGIVING	OFF THANKSGIVING	OFF THANKSGIVING

## DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Weight Room 5PM-6PM	Conditioning 5PM-6PM	Weight Room 6PM-7PM	Conditioning 5PM-6PM	Weight Room 5PM-6PM	Open Gym 8AM-10AM or TBA
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Weight Room 6PM-7PM	Conditioning 5PM-6PM	Weight Room 5PM-6PM	Conditioning 5:30-6:30PM	Weight Room 4PM-5PM	Open Gym 8AM-10AM or TBA
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Weight Room 5PM-6PM	Conditioning 5PM-6PM	Weight Room 6PM-7PM	Conditioning 4PM-5PM	Weight Room 4PM-5PM	Open Gym 8AM-10AM or TBA
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Weight Room 5PM-6PM	Conditioning 4PM-5PM	Weight Room 6PM-7PM	OFF CHRISTMAS	OFF CHRISTMAS	OFF CHRISTMAS
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
WR & Open Gym TBA	Condition & Open Gym TBA	WR & Open Gym TBA	Condition & Open Gym TBA	OFF NEW YEARS DAY	Open Gym & USBA Mtg 8AM-10AM or TBA

## JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Weight Room 6PM-7PM	Conditioning 5PM-6PM	Weight Room 6PM-7PM	Conditioning 4PM-5PM	Weight Room 5PM-6PM	Open Gym 8AM-10AM or TBA
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Weight Room 5PM-6PM	Conditioning 4PM-5PM	Weight Room 6PM-7PM	Conditioning 4PM-5PM	Weight Room 5PM-6PM	Open Gym 8AM-10AM or TBA
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
WR & Open Gym TBA	Conditioning 4PM-5PM	Weight Room 6PM-7PM	OHIO HIGH SCHOOL BASEBALL COACHES ASSOCIATION STATE CLINIC		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Weight Room 4PM-5PM	Conditioning 4PM-5PM	Weight Room 6PM-7PM	Conditioning 5PM-6PM	Weight Room 5PM-6PM	Open Gym 8AM-10AM or TBA

\* The US Baseball Academy Camp will be on these six Sundays: 1/3, 1/10, 1/17, 1/24, 2/14, 2/21

### KEEP THESE TRUTHS IN MIND EVERY DAY OF THE OFF-SEASON

*PROCESS... "It's all about the process—the process leads to results. Don't skip the process and then expect success."*

*BABY STEPS... "Get 1% better every day, and keep at it one small step at a time."*

*PERSISTENCE... "Better to do a little a lot than a lot a little."*

*WINNING... "It's not enough to WANT to win. DESERVING to win by pushing your physical & mental limits on a daily basis is what makes champions."*

