

# RIO AMERICANO BASEBALL

## January 2023, spring Conditioning start dates, SR, JR, SO, FR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	HOLIDAY	2	HOLIDAY	3	HOLIDAY	4
8	HOLIDAY	9	10	11	12	13
15	HOLIDAY	16	17	18	19	20
22	Conditioning	23	24	25	26	27
29	FIRST PRACTICE	30	31			

- \*MUST MAKE 5 DAYS OF CONDITIONING TO PARTICIPATE**
- \*BASEBALL ATTIRE TO BE WORN DURING CONDITIONING**
- \*HAVE BOTH SHOES SNEAKERS AND CLEATS**
- \*CONDITIONING 1 HR EACH DAY**
- \*CONDITIONING STARTS 15 MINUTES EACH DAY AFTER SCHOOL IS LET OUT**

**Coach K**

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