

Lakeland Baseball

Off-Season Game Plan



Hawk Team Expectations

Hard Work Beats Talent, When Talent Doesn't Work

Commitment to excellence means:

- Summer workouts- Lifting and Drills (Hitting and Fielding)
- Take a Weights Class- Lifting is Extremely Important- No Excuses
- High Academic Achievement and Good Behavior in the Classroom- Sit in the Front Row!
- Winter Workouts- Schedules will be posted in November

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11 Weights and Drills 7:30-10:30	12 Weights 7:30-9:15	13 Weights and Drills 7:30-10:30	14	15
16	17 Weights 7:30-9:15	18 Weights 7:30-9:15	19 Weights 7:30-9:15	20 Weights 7:30-9:15	21 Weights 7:30-9:15	22
23	24 Off	25 Off	26 Off	27 off	28	29

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Weights and Drills 7:30-10:30	2 Weights and Drills 7:30-10:30	3 Weights 7:30-9:15	4 OFF	5	6
7	8 Weights 7:30-9:15	9 Weights and Drills 7:30-10:30	10 Weights 7:30-9:15	11 Weights and Drills 7:30-10:30	12	13
14	15 Weights 7:30-9:15	16 Weights and Drills 7:30-10:30	17 Weights 7:30-9:15	18 Weights and Drills 7:30-10:30	19	20
21	22 Weights 7:30-9:15	23 Weights and Drills 7:30-10:30	24 Weights 7:30-9:15	25 Weights and Drills 7:30-10:30	26	27
28	29 Off	30 Off	31 Off			