

# Pirate Baseball Hitting and Pitching Workouts 2019

	3rd Grade <u>9u</u>	4th Grade <u>10u</u>	5th Grade <u>11u</u>	6th Grade <u>12u</u>	7th Grade <u>13u</u>	8th Grade <u>14u</u>
Wed 1/16	H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00		H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00	
Thur 1/17			H 5:00-6:00 / P 6:00-7:00			H 6:00-7:00 / P 5:00-6:00
Wed 1/23	H 7:00-8:00 / P 6:00-7:00		H 5:00-6:00 / P 4:00-5:00	H 6:00-7:00 / P 7:00-8:00		H 4:00-5:00 / P 5:00-6:00
Thur 1/24		H 6:00-7:00 / P 5:00-6:00			H 5:00-6:00 / P 6:00-7:00	
Wed 1/30		H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00		H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00
Thur 1/31	H 5:00-6:00 / P 6:00-7:00			H 6:00-7:00 / P 5:00-6:00		
Wed 2/6	H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00		H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00	
Thur 2/7			H 6:00-7:00 / P 5:00-6:00			H 5:00-6:00 / P 6:00-7:00
Wed 2/13	H 6:00-7:00 / P 7:00-8:00		H 4:00-5:00 / P 5:00-6:00	H 7:00-8:00 / P 6:00-7:00		H 5:00-6:00 / P 4:00-5:00
Thur 2/14		H 5:00-6:00 / P 6:00-7:00			H 6:00-7:00 / P 5:00-6:00	
Wed 2/20		H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00		H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00
Thur 2/21	H 6:00-7:00 / P 5:00-6:00			H 5:00-6:00 / P 6:00-7:00		
Wed 2/27	H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00		H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00	
Thur 2/28			H 5:00-6:00 / P 6:00-7:00			H 6:00-7:00 / P 5:00-6:00
Wed 3/6	H 7:00-8:00 / P 6:00-7:00		H 5:00-6:00 / P 4:00-5:00	H 6:00-7:00 / P 7:00-8:00		H 4:00-5:00 / P 5:00-6:00
Thur 3/7		H 6:00-7:00 / P 5:00-6:00			H 5:00-6:00 / P 6:00-7:00	
Wed 3/13		H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00		H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00
Thur 3/14	H 5:00-6:00 / P 6:00-7:00			H 6:00-7:00 / P 5:00-6:00		
Wed 3/20	H 5:00-6:00 / P 4:00-5:00	H 7:00-8:00 / P 6:00-7:00		H 4:00-5:00 / P 5:00-6:00	H 6:00-7:00 / P 7:00-8:00	
Thur 3/21			H 6:00-7:00 / P 5:00-6:00			H 5:00-6:00 / P 6:00-7:00
	<u>3rd Grade</u>	<u>4th Grade</u>	<u>5th Grade</u>	<u>6th Grade</u>	<u>7th Grade</u>	<u>8th Grade</u>
<u>Location</u>				<u>Workout Type</u>		
All Workouts will be at -				P - Pitching		
4th QTR Athletics - 2284 Sachs Ct				H - Hitting		

--	--	--	--	--	--	--	--