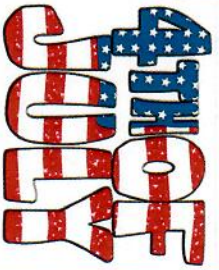


June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	8:00am-11:25am FINAL EXAMS Math/World Language and Applied Com	8:00am-9:40am FINAL EXAMS Electives				
9	10	11	12	13	14	15
Week 1 GroundForce (9-10) Week 1 Velocity Build (2-3) and Weighted Bat (3-4) Coach Kellum: Meeting (11am-1pm) KICK-OFF of Summer Velocity Program will begin at 2:00pm (2pm-4pm) VELOCITY A	Week 1 GroundForce (9-10) Week 1 Velocity Build (8-9) and Weighted Bat (11-12)	Week 1 GroundForce (9-10)	Week 1 GroundForce (9-10)	Week 1 GroundForce (9-10) Week 1 Velocity Build (8-9) and Weighted Bat (11-12)	Week 1 Velocity Build (9-10) and Weighted Bat (10-11)	
16	17	18	19	20	21	22
Week 2 GroundForce (TBD) Week 2 Velocity Build (TBD) and Weighted Bat (TBD)	Week 2 GroundForce (TBD) Week 2 Velocity Build (TBD) and Weighted Bat (TBD)	Week 2 GroundForce (TBD)	Week 2 GroundForce (TBD)	Week 2 GroundForce (TBD) Week 2 Velocity Build (TBD) and Weighted Bat (TBD)	Week 2 Velocity Build (9-10) and Weighted Bat (10-11)	
COACH OSBECK BASEBALL CAMP, SESSION I - Monday thru Thursday, 8:00am-1:00pm						
23	24	25	26	27	28	29
Summer Velocity Program: HEAVY HYBRID B	Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: LIGHT HYBRID B	Summer Velocity Program: RECOVERY HYBRID A	Summer Velocity Program: RECOVERY HYBRID A	Summer Velocity Program: VELOCITY C	
Week 3 GroundForce (9-10) Week 3 Velocity Build (8-9) and Weighted Bat (11-12)	Week 3 GroundForce (9-10) Week 3 Velocity Build (8-9) and Weighted Bat (11-12)	Week 3 GroundForce (9-10)	Week 3 GroundForce (9-10)	Week 3 GroundForce (9-10) Week 3 Velocity Build (8-9) and Weighted Bat (11-12)	Week 3 Velocity Build (9-10) and Weighted Bat (10-11)	
30	1	2	3	4	5	6
	Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: LIGHT HYBRID B		Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: VELOCITY C	

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Week 4 GroundForce (9-10) Week 4 Velocity Build (8-9) and Weighted Bat (11-12)	Week 4 GroundForce (9-10) Week 4 Velocity Build (8-9) and Weighted Bat (11-12)	Week 4 GroundForce (9-10) Week 4 Velocity Build (8-9) and Weighted Bat (11-12)	Week 4 GroundForce (9-10)	 Week 4 Velocity Build (9-10) and Weighted Bat (10-11)	Week 4 Velocity Build (9-10) and Weighted Bat (10-11)	
Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: HEAVY HYBRID A		Summer Velocity Program: VELOCITY C	Summer Velocity Program: VELOCITY C	
7	8	9	10	11	12	13
Week 5 GroundForce (9-10) Week 5 Velocity Build (8-9) and Weighted Bat (11-12)	Week 5 GroundForce (9-10) Week 5 Velocity Build (8-9) and Weighted Bat (11-12)	Week 5 GroundForce (9-10) Week 5 Velocity Build (8-9) and Weighted Bat (11-12)	Week 5 GroundForce (9-10)	Week 5 GroundForce (9-10) Week 5 Velocity Build (8-9) and Weighted Bat (11-12)	Week 5 Velocity Build (9-10) and Weighted Bat (10-11)	
Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: LIGHT HYBRID B	Summer Velocity Program: LIGHT HYBRID B		Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: VELOCITY C	
14	15	16	17	18	19	20
Week 6 GroundForce (TBD) Week 6 Velocity Build (TBD) and Weighted Bat (TBD)	Week 6 GroundForce (TBD) Week 6 Velocity Build (TBD) and Weighted Bat (TBD)	Week 6 GroundForce (TBD) Week 6 Velocity Build (TBD) and Weighted Bat (TBD)	Week 6 GroundForce (TBD)	Week 6 GroundForce (TBD) Week 6 Velocity Build (TBD) and Weighted Bat (TBD)	Week 6 Velocity Build (9-10) and Weighted Bat (10-11)	
COACH OSBECK BASEBALL CAMP, SESSION 2 - Monday thru Thursday, 8:00am-1:00pm						
Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: LIGHT HYBRID B	Summer Velocity Program: LIGHT HYBRID B		Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: VELOCITY C	
21	22	23	24	25	26	27
Week 7 GroundForce (9-10) Week 7 Velocity Build (8-9) and Weighted Bat (11-12)	Week 7 GroundForce (9-10) Week 7 Velocity Build (8-9) and Weighted Bat (11-12)	Week 7 GroundForce (9-10) Week 7 Velocity Build (8-9) and Weighted Bat (11-12)	Week 7 GroundForce (9-10)	Week 7 GroundForce (9-10) Week 7 Velocity Build (8-9) and Weighted Bat (11-12)	Week 7 Velocity Build (9-10) and Weighted Bat (10-11)	
Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: LIGHT HYBRID B	Summer Velocity Program: LIGHT HYBRID B		Summer Velocity Program: LIGHT HYBRID A	Summer Velocity Program: VELOCITY C	
28	29	30	31			
Week 8 GroundForce (9-10) Week 8 Velocity Build (8-9) and Weighted Bat (11-12)	Week 8 GroundForce (9-10) Week 8 Velocity Build (8-9) and Weighted Bat (11-12)	Week 8 GroundForce (9-10) Week 8 Velocity Build (8-9) and Weighted Bat (11-12)	Week 8 GroundForce (9-10)			
Summer Velocity Program: HEAVY HYBRID A	Summer Velocity Program: LIGHT HYBRID B	Summer Velocity Program: LIGHT HYBRID B				

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Week 8 GroundForce (9-10) Week 8 Velocity Build (8-9) and Weighted Bat (11-12) Summer Velocity Program: LIGHT HYBRID A	Week 8 Velocity Build (9-10) and Weighted Bat (10-11) Summer Velocity Program: VELOCITY C	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
		FIRST DAY FOR INCOMING FRESHMEN	FIRST DAY OF SCHOOL			
18	19	20	21	22	23	24
25	26	27	28	29	30	31