

# February 2012

## JEFFERSON CITY JAYS BASEBALL PRE-SEASON WORKOUTS

| Sunday | Monday                                | Tuesday                  | Wednesday                   | Thursday                 | Friday                      | Saturday |
|--------|---------------------------------------|--------------------------|-----------------------------|--------------------------|-----------------------------|----------|
|        |                                       |                          | 1<br>Got Skillz 830-930 pm  | 2<br>Weights 630-730 am  | 3<br>Got Skillz 830-930 pm  | 4        |
| 5      | 6<br>Got Skillz 830-930 pm            | 7<br>Weights 630-730 am  | 8<br>Got Skillz 830-930 pm  | 9<br>Weights 630-730 am  | 10<br>Got Skillz 830-930 pm | 11       |
| 12     | 13<br>Got Skillz 830-930 pm           | 14<br>Weights 630-730 am | 15<br>Got Skillz 830-930 pm | 16<br>Weights 630-730 am | 17<br>Got Skillz 830-930 pm | 18       |
| 19     | 20<br>DEAD PERIOD-----<br>OFF         | 21<br>-----<br>OFF       | 22<br>-----<br>OFF          | 23<br>-----<br>OFF       | 24<br>-----<br>OFF          | 25       |
| 26     | 27<br>First Day of Spring<br>Practice | 28                       | 29                          |                          |                             |          |
|        |                                       |                          |                             |                          |                             |          |