



Lakota West Softball

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Strength and Speed Training FRESHMAN BLDG 6:30 to 8:00	4	5
6	7	8 Strength and Speed Training FRESHMAN BLDG 7:00 to 8:30	9	10 Strength and Speed Training FRESHMAN BLDG 6:30 to 8:00	11	12
13	14	15 Strength and Speed Training FRESHMAN BLDG 7:00 to 8:30	16	17	18	19
20	21	22 Strength and Speed Training FRESHMAN BLDG 7:00 to 8:30	23	24 Strength and Speed Training FRESHMAN BLDG 7:30 to 9:00	25	26
27	28	29 Open Cages Strength and Speed Training FRESHMAN BLDG 7:00 to 8:30	30	31 Open Cages Strength and Speed Training FRESHMAN BLDG 6:30 to 8:00		



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# February 2019

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					1	2
3	4	5 Open Cages Strength and Speed Training FRESHMAN BLDG 7:00 to 8:30	6	7 Open Cages Strength and Speed Training FRESHMAN BLDG 6:30 to 8:00	8	9
10	11	12	13	14	15	16
17	18	19 SOFTBALL TRYOUTS	20 SOFTBALL TRYOUTS	21 SOFTBALL TRYOUTS	22	23
24	25	26	27	28		