



EAGLES VARSITY BASEBALL

February 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|---|---|---|---|--|
| | 1 Practice - CVCS 2:25pm - 4:15pm Weights - CVCS 4:15pm - 5:00pm Parent Meeting - #222 | 2 Practice - SJC 2:30pm - 3:45pm | 3 Practice - SJC 2:30pm - 4:05pm Weights - CVCS 4:15pm - 5:00pm | 4 Speed Work - CVCS 2:25pm - 3:15pm Batting Practice - CVCS 3:15pm - 4:15pm | 5 Weights - CVCS 2:25pm - 3:10pm | 6 Time: 10:00am Game vs. MVHS Freshman Field: MVHS Freshman Arrive: 9:15am (NO SENIORS) |
| 7 | 8 Practice - SJC 2:30pm - 4:00pm Weights - CVCS 4:15pm - 5:00pm | 9 SAQ - CVCS 2:25pm - 3:15pm Batting Practice - CVCS 3:15pm - 4:30pm | 10 Infielders - SJC Outfielders - CVCS 2:25pm - 3:30pm Weights - CVCS 4:20pm - 5:00pm | 11 Practice - SJC 2:30pm - 5:00pm | 12 | 13 TBA |
| 14 | 15 Practice - SJC 1:00pm - 3:30pm | 16 Practice - SJC 2:30pm - 5:00pm | 17 Practice - CVCS 2:25pm - 4:15pm Weights - CVCS 4:20pm - 5:00pm | 18 Time: 2:45pm Game vs. Fallbrook Team Dinner After Fallbrook High School Game | 19 Scrimmage vs. St. Margaret's Field: SJC Time: 2:30pm | 20 TBA |
| 21 | 22 Practice - CVCS 2:25pm - 4:15pm Weights - CVCS 4:15pm - 5:00pm | 23 Infielders - SJC Outfielders - CVCS 2:25pm - 3:25pm | 24 Practice - SJC 2:30pm - 4:10pm Weights - CVCS 4:20pm - 5:00pm | 25 Practice - CVCS 2:25pm - 4:00pm | 26 Game vs. St. Margaret's Field: SJC Time: 3:15pm | 27 TBA |
| 28 | | | | | | |
| Manager: Clemente Bonilla, Jr. | | Notes: UPDATED 2/1/10 | | | Legend: <ul style="list-style-type: none"> Game or Scrimmage Practice Batting Practice Special Event Weights / Speed & Agility | |