

13U - ATHX BASEBALL ACADEMY - FALL SCHEDULE

*** Nutrition coaching session, Goal Setting workshop and Visualization workshop dates to be determined. All will take place within first 5 weeks of program.

*** All outdoor practices are held at Sherwood Heights

ATHX	Outdoors	OFF/OPTIONAL DAY
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2022 SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Coaches Meeting @ 6pm (ATHX)					9AM @ Sherwood Heights Park
4	5	6	7	8	9	10
						9AM @ Sherwood Heights Park
11	12	13	14	15	16	17
			5:30PM @ St. Albert (GAME)			12PM + 3PM @ St. Albert (GAME)
18		20	21	22	23	24
9AM @ ATHX			5:30PM @ Sherwood Heights Park (GAME)			
25	26	27	28	29	30	1
9AM @ ATHX			5:30PM @ Parkland (GAME)			

2022 OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						9AM @ Sherwood Heights Park
2	3	4	5	6	7	8
12PM + 3PM @ Sherwood Heights (GAME)				TRAVEL DAY	KAMLOOPS	KAMLOOPS
9	10	11	12	13	14	15
KAMLOOPS	KAMLOOPS	TRAVEL DAY				9AM @ Sherwood Heights Park
16	17	18	19	20	21	22
9AM @ ATHX						9AM @ Sherwood Heights Park
23	24	25	26	27	28	29
9AM @ ATHX						9AM @ Sherwood Heights Park

15U - ATHX BASEBALL ACADEMY - FALL SCHEDULE

*** Nutrition coaching session, Goal Setting workshop and Visualization workshop dates to be determined. All will take place within first 5 weeks of program.

*** All outdoor practices are held at Strathcona Athletic Park

ATHX	Outdoors	OFF/OPTIONAL DAY
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2022 SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Coaches Meeting @ 6pm (ATHX)					
4	5	6	7	8	9	10
		5PM @ SAP	5PM @ SAP			9AM @ SAP
11	12	13	14	15	16	17
	5-7PM @ ATHX	5PM @ SAP	5:30PM @ St. Albert (GAME)	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ ATHX
18	19	20	21	22	23	24
12PM @ PARKLAND (GAME)	5-7PM @ ATHX	5PM @ SAP	5:30PM @ St. Albert (GAME)	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP
25	26	27	28	29	30	1
12PM @ SAP (GAME)	5-7PM @ ATHX	5PM @ SAP	5PM @ SAP	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	

2022 OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						9AM @ SAP
2	3	4	5	6	7	8
3PM @ St. Albert	5-7PM @ ATHX	5PM @ SAP	5PM @ SAP	TRAVEL DAY	Best of West @ Kamloops	Best of West @ Kamloops
9	10	11	12	13	14	15
Best of West @ Kamloops	Best of West @ Kamloops	TRAVEL DAY/ OFF	5PM @ SAP	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP
16	17	18	19	20	21	22
11AM-1PM @ ATHX (Optional Work)	5-7PM @ ATHX	5PM @ SAP	5PM @ SAP	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP
23	24	25	26	27	28	29
11AM-1PM @ ATHX (Optional Work)	5-7PM @ ATHX	5PM @ SAP	5PM @ SAP	5-7PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP

18U - ATHX BASEBALL ACADEMY - FALL SCHEDULE

*** Nutrition coaching session, Goal Setting workshop and Visualization workshop dates to be determined. All will take place within first 5 weeks of program.

*** All outdoor practices are held at Strathcona Athletic Park

ATHX	Outdoors	OFF/OPTIONAL DAY
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2022 SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Coaches Meeting @ 6pm (ATHX)					
4	5	6	7	8	9	10
		5PM @ SAP	5PM @ SAP			9AM @ SAP
11	12	13	14	15	16	17
	7-9PM @ ATHX	5PM @ SAP	5PM @ SAP	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	11AM - 1PM @ ATHX
18	19	20	21	22	23	24
11AM - 1PM @ ATHX	7-9PM @ ATHX	5PM @ SAP	5:30 @ SAP (GAME)	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	12PM + 3PM @ SAP (GAME)
25	26	27	28	29	30	1
3PM @ St. Albert	7-9PM @ ATHX	5PM @ SAP	5PM @ SAP	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	

2022 OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						9AM @ SAP
2	3	4	5	6	7	8
12PM + 3PM @ SAP	7-9PM @ ATHX	5PM @ SAP	5PM @ SAP	TRAVEL DAY	Best of West @ Kamloops	Best of West @ Kamloops
9	10	11	12	13	14	15
Best of West @ Kamloops	Best of West @ Kamloops	TRAVEL DAY/ OFF	5PM @ SAP	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP
16	17	18	19	20	21	22
11AM - 1PM @ ATHX (Optional Work)	7-9PM @ ATHX	5PM @ SAP	5PM @ SAP	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP
23	24	25	26	27	28	29
11AM - 1PM @ ATHX (Optional Work)	7-9PM @ ATHX	5PM @ SAP	5PM @ SAP	7-9PM @ ATHX	5-7PM @ ATHX (Optional Work)	9AM @ SAP