

**Monroe High School Baseball Off-Season Schedule:**

**Rules:**

1. VOLUNTARY - opportunity to improve on basic skills; “Highly Recommended”
2. Must have “PHYSICAL” on file with the Athletic Office in order to Participate (any aspect)
3. While participating, no horseplay or off-task behaviors will be acceptable. Consequence will be dismissal from that day’s activity.
4. If you are participating in another sport, that is your PRIORITY! Only come to off-season activities if it does not impact your ability to be a top notch student and athlete for your current sport.
5. Will begin the week after THANKSGIVING --- Monday, December 2 and run up to March 1; There will be a down week after this before TRYOUTS (start March 9)
6. If you can’t make it to a time you signed up for, call/text/email Coach Hoffman (734-755-3784 or [hoffmann@monroe.k12.mi.us](mailto:hoffmann@monroe.k12.mi.us)) to inform him of this.

**PITCHERS/CATCHERS:** Monday AND Wednesday - Monroe Middle School Gym (7:00-10pm)

\*Sign-Up will be on Bulletin Board by Freshman House Office (1st Floor C-Wing) starting Monday, Nov. 11

\*Starts Monday, December 2 and Wednesday, December 4

**CONDITIONING:** Monday, Tuesday, Thursday (2:30-4:15/4:30); will include Running, Band Work, Core Development, Strength Training (Lifting), Pre/Post Workout Stretching

**HITTING INSTRUCTION:** (Varsity) and (JV/Freshman)..

\*Sign-Up will be on Bulletin Board by Freshman House Office (1st Floor C-Wing)

\*Varsity will be from Noon-4:30 on the following dates: Sat. Dec. 7, Sat. Dec. 14, Sat. Dec. 21, Sat. Jan. 11, Sat. Jan. 18, Sat. Jan. 25, Sun. Feb. 2, Sat. Feb. 8, Sun. Feb. 23 (8:00am-Noon), Sat. Feb. 29

\*Freshman/JV will be from 10:00am-2:00pm on the following dates: Sun. Dec. 8, Sun. Dec. 15, Sun. Dec. 22, Sun. Jan. 12, Sun. Jan. 19, Sun. Jan. 26, Sun. Feb. 2 (8:00am-Noon), Sun. Feb. 9, Sun. Feb. 23 (Noon-2:00pm), Sun. March 1

**Weekly Schedule ---**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: (2:15-4:15/30)  Pitchers AND Catchers @Monroe Middle (7:00- 10pm)	Conditioning: (2:15-4:15/30)	Pitchers AND Catchers @Monroe Middle (7:00-10pm)	Conditioning: (2:15-4:15/30)		Hitting Instruction (Varsity) Time - (Noon-4:30)	Hitting Instruction (FR/JV) Time - (10am-2pm)