

SEPTEMBER 2024

St. Thomas Varsity
Softball Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day	3	4	5	6 Lift/Conditioning 2:15-4:15	7
8	9 Skill Work 6:30-7:30 Lift 7:30-8:30	10	11	12 Skill Work 3:30-5:30	13 Lift/Conditioning 2:15-4:15	14
15	16 Skill Work 6-7 PM Lift/Conditioning 7-8 Pm	17	18 Skill Work 6-7 PM Lift/Conditioning 7-8 PM	19	20 Lift/Conditioning 2:15-4:15	21
22	23 Skill Work 6-7 PM Lift/Conditioning 7-8 PM	24	25 Skill Work 6-7 PM Lift/Conditioning 7-8 PM	26 Skill Work 3:30-5:30	27 Lift/Conditioning 2:15-4:15	28
29	30 Skill Work 6-7 PM Lift/Conditioning 7-8 PM					