

February 2017 PDA (13 & UP)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|------------------------------------|
| All PDA schedule change requests must be made via email, no less than 24 hrs before the scheduled class. Each defensive unit (Inf, OF, C) is 2 hrs, that include hitting, defensive skill, and Strength & Conditioning. Each Pitching unit is 2 hrs, that include long toss, velocity development, bullpens, arm care and Strength & Conditioning. Please limit the changing of your PDA classes to 2 per month. Thank you for your cooperation! | | | 1 | 2 | 3 VIDEO DAY | 4 |
| | | | 4:00 - TESTING 5:00 - TESTING 6:00 - TESTING 7:00 - TESTING 8:00 - TESTING | 4:00 - TESTING 5:00 - TESTING 6:00 - TESTING 7:00 - TESTING 8:00 - TESTING | 4:00 - PITCHING 5:00 - HITTING 6:00 - PITCHING 7:00 - HITTING 8:00 - PITCHING 9:00 - HITTING | 9:00 - PITCHING 11:00 - INFIELD |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 9:00 - 11:00 - OUTFIELD - CATCHING | 4:00 - 6:00 - OUTFIELD 8:00 - INFIELD | 4:00 - INFIELD 6:00 - 8:00 - OUTFIELD | 4:00 - PITCHING 6:00 - INFIELD 8:00 - PITCHING | 4:00 - INFIELD 6:00 - 8:00 - PITCHING | 4:00 - PITCHING 6:00 - CATCHING 8:00 - PITCHING | 9:00 - PITCHING 11:00 - INFIELD |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 9:00 - 11:00 - OUTFIELD - CATCHING | 4:00 - 6:00 - OUTFIELD 8:00 - INFIELD | 4:00 - INFIELD 6:00 - 8:00 - OUTFIELD | 4:00 - PITCHING 6:00 - INFIELD 8:00 - PITCHING | 4:00 - INFIELD 6:00 - 8:00 - PITCHING | 4:00 - PITCHING 6:00 - CATCHING 8:00 - PITCHING | 9:00 - PITCHING 11:00 - INFIELD |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 9:00 - 11:00 - OUTFIELD - CATCHING | 4:00 - 6:00 - OUTFIELD 8:00 - INFIELD | 4:00 - INFIELD 6:00 - 8:00 - OUTFIELD | 4:00 - PITCHING 6:00 - INFIELD 8:00 - PITCHING | 4:00 - INFIELD 6:00 - 8:00 - PITCHING | 4:00 - PITCHING 6:00 - CATCHING 8:00 - PITCHING | 9:00 - PITCHING 11:00 - INFIELD |
| 26 | 27 | 28 | NAME: _____ AGE: _____ EMAIL: _____ PDA email: hitdoctorpda@yahoo.com HD Fax #: (856)354-0818 | | | |
| 9:00 - 11:00 - OUTFIELD - CATCHING | 4:00 - 6:00 - OUTFIELD 8:00 - INFIELD | 4:00 - INFIELD 6:00 - 8:00 - OUTFIELD | | | | |