

Lakers Ramp-Up Schedule – 2023

<p>Monday, January 23</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, January 24</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, January 26</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, January 30</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, January 31</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, February 2</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, February 6</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, February 7</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, February 9</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, February 13</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, February 14</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, February 16</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, February 20</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, February 21</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, February 23</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>

TUESDAY GROUPINGS: **GOLD: 14-15 year olds / RED: 16 year olds / BLACK: 17-18 year olds**

Lakers Ramp-Up Schedule – 2023

<p>Monday, February 27</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, February 28</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, March 2</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, March 6</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, March 7</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, March 9</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, March 13</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, March 14</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, March 16</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, March 20</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Tuesday, March 21</p> <p>5:00 – 5:40 pm: Hitting - RED Fielding/Arm Care – GOLD</p> <p>5:40 – 6:20 pm: Hitting – Gold Fielding/ArmCare – BLACK/ RED</p> <p>6:20 – 7:00 pm: Hitting – BLACK</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>	<p>Thursday, March 23</p> <p>5:00 – 6:00 pm: Hitting (ages 16-18) Pitching (ages 14-15)</p> <p>6:00 – 7:00 pm: Pitching (ages 16-18) Hitting (ages 14-15)</p> <p>*SHOW UP 10 MINUTES EARLY FOR DYNAMIC WARMUP</p>
<p>Monday, April 3</p> <p>KALISPELL LAKERS TRYOUTS Griffin Field 4:15 – 7:00 pm</p>	<p>Tuesday, April 4</p> <p>KALISPELL LAKERS TRYOUTS Griffin Field 4:15 – 7:00 pm</p>	<p>TUESDAY GROUPINGS</p> <p>GOLD: 14-15 year olds RED: 16 year olds BLACK: 17-18 year olds</p>

TUESDAY GROUPINGS: **GOLD:** 14-15 year olds / **RED:** 16 year olds / **BLACK:** 17-18 year olds