

Baseball/Fastball

December 2024

| Date | Drop Off | Activity |
|---------|--|---------------------|
| Dec. 3 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |
| Dec. 4 | Albert Lacombe 50 Gainsborough Ave. | PE/Fitness/Wellness |
| Dec. 5 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |
| Dec. 10 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |
| Dec. 11 | St. Albert Bowling Center | Bowling |
| Dec. 12 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |
| Dec. 17 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |
| Dec. 18 | Albert Lacombe 50 Gainsborough Ave. | PE/Fitness |
| Dec. 19 | Absolute Human Performance 20 Carelton Dr. | Baseball/Fastball |

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes for each activity.
- **All drop offs should be made by 8:00 A.M.**