

WEIGHT ROOM/PITCHERS EXTRA-WORK AND HITTERS EXTRA - WORK SCHEDULE

WEIGHT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weight Room (6:30am)	Weight Room (6:30am)	Weight Room (6:30am)	Weight Room (6:30am)	
Matt Berner	CHRIS BLOWER	CHRIS BLOWER	Matt Berner	
Lee Hendrick	AUSTEN DORIS	AUSTEN DORIS	Lee Hendrick	
Scott Gillespie	EVAN LACOURSIERE	EVAN LACOURSIERE	Scott Gillespie	
Mitchell Brodie	BRETT SEMENIUK	BRETT SEMENIUK	Mitchell Brodie	
Zaine Thomas	LUCAS GALLOWAY	LUCAS GALLOWAY	Zaine Thomas	
Chase Harris	CHRIS EWANIK	CHRIS EWANIK	Chase Harris	
Gage Popadynetz	BRETT HOLDEN	BRETT HOLDEN	Gage Popadynetz	
Dakota Wheatley	DEVON BRISCOE	DEVON BRISCOE	Dakota Wheatley	
Taylor Jones	SEAN ROBBINS	SEAN ROBBINS	Taylor Jones	
Ian Pollard	JARET SEMENIUK	JARET SEMENIUK	Ian Pollard	
Jackson Campbell	Matt Stebner	Matt Stebner	Jackson Campbell	
Matt Shurvell	Thurman Matthews	Thurman Matthews	Matt Shurvell	
Darrin Reay	Andrew Grieder	Andrew Grieder	Darrin Reay	
Ryan Koop	Matthew Bondarchuk	Matthew Bondarchuk	Ryan Koop	
Derrick Dahlside	Luis Grisanti	Luis Grisanti	Derrick Dahlside	
Kyle Prather	Brandon Hill	Brandon Hill	Kyle Prather	
Luke Roberts	Aidan Huggins	Aidan Huggins	Luke Roberts	
Tsar Hester	Ethan Kerr	Ethan Kerr	Tsar Hester	
Erik Sabrowski	Keegan Kwong	Keegan Kwong	Erik Sabrowski	
Finnigan Duffield	Tauren Langley	Tauren Langley	Finnigan Duffield	
Ashton Martin	Aiden Lucas	Aiden Lucas	Ashton Martin	
Jacob Melville	Isaiah Martin	Isaiah Martin	Jacob Melville	
Bo Meiklejohn	Jesse Poniewozik	Jesse Poniewozik	Bo Meiklejohn	
	Zach Yuzda	Zach Yuzda		
(STM Grade 7 and 8 students)	(STM Grade 9 students)	(STM Grade 7 and 8 Students)	(STM Grade 9 students)	

EXTRA - WORK

			STM Extra - Work (12:00pm - 2:30pm)	
			All STM Students Eligible	
H.S. Hitting Extra-Work (3:15pm-4:30pm)	H.S. Hitting Extra-Work (3:15pm-4:30pm)	H.S. Pitchers Extra-Work (3:15pm-4:30pm)	H.S. Hitting Extra-Work (3:15pm-4:30pm)	STM Extra-Work (3:00pm - 4:30pm)
CHRIS BLOWER	Jackson Campbell	Matt Berner	CHRIS BLOWER	All STM Students Eligible
AUSTEN DORIS	Matt Shurvell	Lee Hendrick	AUSTEN DORIS	
EVAN LACOURSIERE	Darrin Reay	Scott Gillespie	EVAN LACOURSIERE	
BRETT SEMENIUK	Ryan Koop	Mitchell Brodie	BRETT SEMENIUK	
LUCAS GALLOWAY	Derrick Dahlside	Zaine Thomas	LUCAS GALLOWAY	
CHRIS EWANIK	Kyle Prather	Chase Harris	CHRIS EWANIK	
BRETT HOLDEN	Luke Roberts	Gage Popadynetz	BRETT HOLDEN	
DEVON BRISCOE	Tsar Hester	Dakota Wheatley	DEVON BRISCOE	
SEAN ROBBINS	Erik Sabrowski	Taylor Jones	SEAN ROBBINS	
JARET SEMENIUK	Finnigan Duffield	Ian Pollard	JARET SEMENIUK	
Matt Berner	Ashton Martin	Jackson Campbell	Matt Stebner	
Lee Hendrick	Jacob Melville	Matt Shurvell	Thurman Matthews	
Scott Gillespie	Bo Meiklejohn	Darrin Reay	Andrew Grieder	
Mitchell Brodie	Matthew Bondarchuk	Ryan Koop	Matthew Bondarchuk	
Zaine Thomas	Luis Grisanti	Derrick Dahlside	Luis Grisanti	
Chase Harris	Brandon Hill	Kyle Prather	Brandon Hill	
Gage Popadynetz	Aidan Huggins	Luke Roberts	Aidan Huggins	
Dakota Wheatley	Ethan Kerr	Tsar Hester	Ethan Kerr	
Taylor Jones	Keegan Kwong	Erik Sabrowski	Keegan Kwong	
Ian Pollard	Tauren Langley	Finnigan Duffield	Tauren Langley	
Matt Stebner	Aiden Lucas	Ashton Martin	Aiden Lucas	
Thurman Matthews	Isaiah Martin	Jacob Melville	Isaiah Martin	
Andrew Grieder	Jesse Poniewozik	Bo Meiklejohn	Jesse Poniewozik	
	Zach Yuzda		Zach Yuzda	