

Practice Plan – Thursday, 6/22/17- 8th Day of Camp

Reminders:

- Tonight- Gold @ Alemany
- Tomorrow Navy- @ West Ranch
- Weekend- Varsity @ Fresno
- Sunday- Gold @ Westmont College DH, 12pm
- Monday- JV Gold @ WR- 5pm
- Tuesday- JV Navy @ Moorpark- 5pm



Varsity	JV	Fresh
7:30-8:45 <ul style="list-style-type: none"> • Weight Room 8:45-9:15 <ul style="list-style-type: none"> • Optional Throw 	7:30-8:45 <ul style="list-style-type: none"> • Weight Room 8:45-9:15 <ul style="list-style-type: none"> • Optional Throw 	8:30-9:00 <ul style="list-style-type: none"> • Stretch • Cali's • Arm Circles • Throw 9:00-9:20 <ul style="list-style-type: none"> • Pre-Game 9:20-10:00 <ul style="list-style-type: none"> • Bunt Defense 10:00-10:30 <ul style="list-style-type: none"> • Meeting Rm 513

22- JV Gold Tonight @ Alemany- Callan, Costello, Harrison, Kuper, Lagana, Nicol, R Perez, Snavley, Stadt, St. Amand, Striplin, and Tucker

23- JV Navy Friday @ WR- Brooks, Deck, Hepp, Huff, Ilan, Dan Montalban, Pablos, Robles, Sanchez, Schultz, Topping, Yosfan, and Zugbaum

23-25- Varsity @ Fresno Weekend- Aguero, Bird, Buckner, Bumgarner, Burge, Callahan, J Camacho, R Camacho, Chambers, Clarke, Farr, Fisher, Freeman, Frierson, Harrison, Monheim, Dav Montalban, Nicol, N Perez, R Perez, Stefanos

25- JV @ Westmont DH Sunday- Brooks, Callan, Costello, Deck, Ilan, Kuper, Lagana, Schultz, Stadt, St. Amand, Striplin, Tucker, Wyre, Yosfan, and Zugbaum

26- JV Gold @ West Ranch Monday- TBA

27- JV Navy @ Moorpark Tuesday- TBA