

Practice Plan – Friday, 1/19/18 (Even Day Rally Schedule)

Reminders

- JV @ Birmingham Tonight
- 4 Varsity Games This Weekend @ WR
- Freshmen @ Cleveland Saturday @ 10am



--WEEKEND ROSTERS--

JV Friday Night- Brooks, Burns, Callan- BP, Deck, Harrison, Ilan, Lagana, Montalban, Schultz- P, St. Amand- P, Striplin- SP, and Tucker- BP

Varsity This Weekend- Balingit, Bird- S, Bumgarner, Burge- P, Callahan- P, J Camacho, R Camacho, Chambers- P, Cogan, Farr, Fisher- P, Gellatly, Harrison- P, Ilan- P, Monheim, Montalban- P, Nicol- P, N Perez- P, R Perez, Rojas- P, Snavley- P, Stefanos- P, and Topping

Freshmen Saturday Morning- Aitken- P, Bauman- P, Cho- Hit Only, Deems- P, Hepp- P, Hinrichs, Huff- SP, Lee- P, Ilan- P, Lang- P, Maloney- P, Morrison- P, Mowry- P, and Nogosek

Varsity	JV	Freshmen
1:15-1:25 <ul style="list-style-type: none"> • Pitchers/catchers stretch, field setup 1:25-1:55 <ul style="list-style-type: none"> • Stretch, movement, bands, throw 1:55-3:15 <ul style="list-style-type: none"> • 9-out drill • Inside game • BP 3:15-3:30 <ul style="list-style-type: none"> • Field cleanup/pitcher conditioning 	No Practice Game @ Birmingham 4:30pm <ul style="list-style-type: none"> • Stretch 5:30pm <ul style="list-style-type: none"> • 1st Pitch 	3:00-1:30 <ul style="list-style-type: none"> • Cages 3:30-4:00 <ul style="list-style-type: none"> • Stretch, Movement, Arm Circles, J Bands, Pitcher's Circuit, Throw • Conditioning

Today's movement: 3 rounds:

- 3-4-5 corner