

## Practice Plan – Friday, 2/23/18 (Odd Day)

### Reminders

- All Levels Game Day Attire- Check-In Rm 513 by End of Brunch
- Varsity Team Dinner @ B Burrill's, 6:30pm
- Tomorrow Varsity 10am & JV2pm vs St. Francis @ WR
- Tomorrow Freshmen Practice 9-10:30am
- Tomorrow BBQ- JV and Fresh (Optional) @ Noon
- Tomorrow Varsity BBQ after Game



### --ROSTERS--

**Varsity Saturday vs St. Francis-** Balingit, Bird, Bumgarner, Burge, Callahan, J Camacho, R Camacho, Chambers, Clarke, Cogan, Farr, Fisher, Gellatly, Monheim, Montalban, Nicol, N Perez, R Perez, Rojas, Stefanos

**JV Saturday vs St. Francis-** Brooks, Burns, Callan, Deck, Harrison, Hepp, Huff, Ilan, Lagana, Montalban, Schultz, Snavley, St. Amand, Striplin, Topping, Tucker, Yosfan, and Wyre

Varsity	JV	Freshmen
1-1:10 <ul style="list-style-type: none"> <li>• Pitchers/catchers begin stretch, field setup</li> </ul>	1-1:10 <ul style="list-style-type: none"> <li>• Pitchers/catchers begin stretch, field setup</li> </ul>	1-1:40 <ul style="list-style-type: none"> <li>• Cages</li> </ul>
1:10-1:40 <ul style="list-style-type: none"> <li>• Stretch, movement, bands, throw</li> </ul>	1:10-1:40 <ul style="list-style-type: none"> <li>• Stretch, movement, bands, throw</li> </ul>	1:40-2:10 <ul style="list-style-type: none"> <li>• Stretch, bands, throw</li> </ul>
1:40-2:10 (15 min. ea.) <ul style="list-style-type: none"> <li>• 9-out drill</li> <li>• Inside game</li> </ul>	1:40-2:10 (15 min. ea.) <ul style="list-style-type: none"> <li>• Leads/breaks</li> <li>• Bunt stations</li> <li>• Inside game (OF)</li> </ul>	2:10-3:00 <ul style="list-style-type: none"> <li>• Team defense</li> </ul>
2:10-3:15 <ul style="list-style-type: none"> <li>• BP</li> </ul>	2:10-3:15 <ul style="list-style-type: none"> <li>• BP</li> </ul>	3:00-3:15 <ul style="list-style-type: none"> <li>• Leads/break</li> <li>• Team workout</li> </ul>
3:15-3:30 <ul style="list-style-type: none"> <li>• Field setup</li> </ul>	3:15-3:30 <ul style="list-style-type: none"> <li>• Field setup</li> </ul>	

### Today's movement: 3 rounds: (15 yards)

- agilities