

Practice Plan- Friday– 9/21/18 – Odd Day



Reminders:

- JV 2 Games Tomorrow- Cleveland and Vasquez
- Freshmen Game Tomorrow @ Harvard-Westlake
- Senior Gear Selection Tuesday @ Lunch
- Marucci Bat Demo Tuesday Next Week
- Easton Bat Demo Next Friday
- Please Make 2nd Monthly Donation Online on ASB Student Store

VARSITY	JV	FRESHMEN
1:00-1:10 <ul style="list-style-type: none"> • field setup 1:10-1:50 <ul style="list-style-type: none"> • stretch, movement, throw 1:50-2:50 <ul style="list-style-type: none"> • Power baseball 2:50-3:00 <ul style="list-style-type: none"> • field cleanup 	1:00-1:10 <ul style="list-style-type: none"> • field setup 1:10-1:50 <ul style="list-style-type: none"> • stretch, movement, throw 1:50-2:50 <ul style="list-style-type: none"> • Power baseball 2:50-3:00 <ul style="list-style-type: none"> • field cleanup 	1:00-1:30 <ul style="list-style-type: none"> • Cages 1:30-2:00 <ul style="list-style-type: none"> • stretch, calis, arm circles, bands, arm circuit, throw 2:00-2:30 <ul style="list-style-type: none"> • Leads and Breaks • Conditioning 2:30-3:00 <ul style="list-style-type: none"> • Team Meeting Rm 513

--Rosters for Saturday 9/22/18--

JV vs Cleveland @ Harvard-Westlake 11:15am- Callahan- P, Gombos- P, Hepp- P, Hinrichs, Huff- P, Lagana, Lang- P, Mandel, St. Amand, and Yosfan- P

JV @ Vasquez 10am- Bauman- P, Camacho- P, Deems- P, Ilan- P, Maloney- P, Martinez, Muneton, Overholser-P, Sawyer, and Schwartz- P

Freshmen vs El Camino @ Saugus 11:15am- Corbett, Greenwald, Jizmajian, Langston- P, McMillan- P, Powers- P, Rickart- P, Sowter- P, Stewart- P, and Trujillo

N/A- Deck and Sadaqatmal