

Practice Plan – Tuesday, 4/24/18 (Even CAASPP Testing Day)

Reminders

- CAASPP Testing Schedule Today and Tomorrow
- Game Day Attire Tomorrow and Friday
- All Levels vs Canyon Tomorrow and Friday
- Thursday Night Varsity Team Dinner
- Freshmen vs Crespi Saturday @ WR



--ROSTERS--

Varsity Roster This Week (All Navy Wednesday)- Balingit, Bird, Bumgarner, Burge, J Camacho, R Camacho, Chambers, Clarke, Cogan, Farr, Fisher, Gellatly, Monheim, Montalban, Nicol, N Perez, R Perez, Rojas, and Stefanos

JV Roster This Week- (All White Wednesday)- Brooks, Burns, Callan, Deck, Harrison, Ilan, Lagana, Montalban, Schultz, Snavley, St. Amand, Striplin, Topping, and Wyre

Freshmen Roster This Week- (Navy Top Wednesday)- Aitken, Bauman, Cho, Deems, Farber, Hepp, Hinrichs, Huff, Lee, Ilan, Lang, Maloney, Morrison, Mowry, Nogosek, and Sawyer.

Varsity	JV	Freshmen
2-2:10 <ul style="list-style-type: none"> • Pitchers/catchers begin stretch, field setup 	2-2:10 <ul style="list-style-type: none"> • Pitchers/catchers begin stretch, field setup 	3:00-3:40 <ul style="list-style-type: none"> • Stretch, Movement, Arm Circles, J Bands, Pitchers Circuit, Throw
2:10-2:40 <ul style="list-style-type: none"> • Stretch, bands, throw 	2:10-2:40 <ul style="list-style-type: none"> • Stretch, bands, throw 	3:40-4:00 <ul style="list-style-type: none"> • Defense • Leads and Breaks
2:40-3:00 <ul style="list-style-type: none"> • Defense 	2:40-3:00 <ul style="list-style-type: none"> • Defense 	4:00-4:30 <ul style="list-style-type: none"> • Cages
3:00-4:00 <ul style="list-style-type: none"> • BP #1 	3:00-4:00 <ul style="list-style-type: none"> • BP #1 	
4:00-4:20 <ul style="list-style-type: none"> • Field cleanup/pitcher conditioning 	4:00-4:20 <ul style="list-style-type: none"> • Field cleanup/pitcher conditioning 	