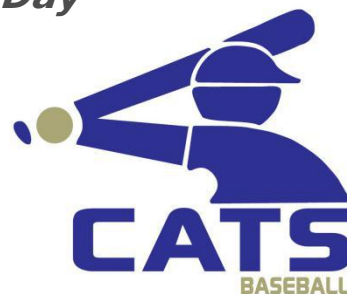


Practice Plan- Friday- 1/18/19- Even Day



Reminders:

- Varsity Wald Forms Due Today
- Varsity 1 Game Saturday 3 Games Monday
- JV Games or Practice on Monday
- Freshmen Practice on Monday
- Donations for Ilan Family Located on Baseball Website
- Canteen Donation Online at ASB Store
- Please Make 6th Monthly Donation Online on ASB Student Store

Varsity	JV	Freshmen
1:00-1:10 Meet in 531	1:00-1:10 field setup pitchers begin stretching	3:00-3:30 cages
1:10-2:00 stretch, sprints, bands, throw PPs (leads/breaks)	1:10-2:00 stretch, sprints, bands, throw PPs (leads/breaks)	3:30-4:10 stretch, bands, throw
2:00-2:30 cages bullpens (as needed)	2:00-2:30 Inf defense (picks/looks) OFs positional defense	4:10-4:30 Inf defense (picks/looks) OFs positional defense team conditioning
2:30-3:00 (aux field) Inf defense (picks/looks) OF positional defense	2:00-2:30 (aux field) cages bullpens (as needed)	
3:00-3:15 team conditioning	3:00-3:15 team conditioning	

Varsity Weekend Roster- Bird SP, Burns, JD Callahan SP, Ja Callahan, Callan, J Camacho, R Camacho, Deck, Farr, Gombos, Harrison SP, Huff (Sat Only), Ilan, Lang, Monheim, Nicol SP, Perez, Robles, Snavley, St. Amand, Striplin, Topping, and Tucker

JV Monday Roster- Bauman SP, Hepp SP, Hinrichs, Huff (No Pitch), Ilan, Lagana, Maloney, Mandel, Martinez, Muneton, Sawyer, Schwartz, Tsukashima, and Yosfan