

## Practice Plan – Wednesday, 12/3/17 (Finals- 1, 3, 7)

### Reminders

- Practice Today
- Friday JV Games @ WR- 11am & 2pm
- Friday Freshmen @ Burroughs- 5:30pm
- Saturday Varsity @ Oaks Christian- 9am & 12pm
- Sunday Varsity vs Valencia @ W- 9am
- Freshmen No Baseball Games Saturday or Sunday, Friday Night Last Game



### --WEEKEND ROSTERS--

**JV Friday 2 Games @ WR-** Brooks, Burns, Callan, Ilan- SPG1, Lagana, Montalban, Schultz- P, Stadt, St. Amand- P, Striplin- SPG2, Tucker- P, and Yosfan- P

**Freshmen Friday Night @ Burroughs-** Aitken- P, Bauman- SP, Cho, Deems- P, Farber, Hepp, Hinrichs, Huff- P, Ilan- P, Lang- P, Maloney- P, Morrison- P, Mowry- P, Nogesek, and Topping

**Varsity Saturday @ Oaks Christian-** Balingit, Bird- P, Bumgarner, Burge- SPG1, Callahan- SPG2, J Camacho, R Camacho, Chambers, Cogan, Farr, Fisher- P, Gellatly, Monheim, Montalban, Nicol- P, N Perez, R Perez, Rojas- P, and Stefanos- P

**Varsity Sunday vs Valencia @ WR-** Balingit, Bird, Bumgarner- P, Burge, Callahan, J Camacho, R Camacho, Chambers, Cogan, Farr, Fisher, Gellatly, Harrison- SP, Monheim, Montalban- P, Nicol, N Perez- P, R Perez, Rojas, Snavley- P, and Topping

Varsity	JV	Freshmen
10:45-10:55 • Pitchers/catchers begin stretch, field setup	10:45-10:55 • Pitchers/catchers begin stretch, field setup	10:45-10:55 • Pitchers/catchers begin stretch, field setup
10:55-11:25 • Stretch, movement, bands, throw	10:55-11:25 • Stretch, movement, bands, throw	10:55-11:25 • Stretch, movement, bands, throw
11:25-12:30 • Bullpens • Group rotation	11:25-12:30 • Bullpens • Group rotation	11:25-12:30 • Bullpens • Group rotation
12:30-12:45 • Field cleanup	12:30-12:45 • Field cleanup	12:30-12:45 • Field cleanup

### **Today's movement: 3 rounds: (30 second rest between rounds)**

- **Agilities \*20 min. per rotation**

(Cages (B. Burrill), Freshmen (C. Burrill), Bunt station (Phillips), Pens (Wags), Defense (Lindgreen)

#### Group 1: (defense/bunt station/cages)

- J. Camacho, R. Camacho, Monheim, Schultz, Striplin, Tucker, Yosfan

#### Group 2: (bunt station/cages/defense)

- Balingit, Bumgarner, Chambers, Gellatly, Farr, N. Perez, R. Perez, Burns, Callan, Lagana, D. Montalban, St. Amand,

#### Group 3: (cages/defense/bunt station)

- All Freshmen not throwing a pen

#### Bullpen rotation

- Home bullpen (Brooks, Stadt, Topping):
  - o Fisher/Montalban, Nicol/Rojas & Harrison/R. Ilan, Schultz/Snavely, St. Amand/Striplin, Tucker/Yosfan
- Main diamond (Stefanos): Burge/Callahan, Bird/Bumgarner
- Visitor bullpen (Deems): Aitken/Bauman, Farber/Huff
- Portable bullpen (A. Ilan): Lang/Maloney/Morrison

\*additional pens at the end: Chambers, N. Perez, Stefanos, A. Ilan, Deems