

Practice Plan – Monday, 5/22/17- Odd Day

Reminders:

- Varsity Uniform Tops Due Today
- Summer Hotel Reservations Due Today
- Late Start Wednesday



Varsity	JV	Frosh
<p>1:00-1:10</p> <ul style="list-style-type: none"> • Set-Up Field <p>1:10-1:40</p> <ul style="list-style-type: none"> • Stretch, Calis, Arm Circles, Pitcher's Circuit, J Bands, Throw <p>1:40-2:00</p> <ul style="list-style-type: none"> • Cages • Bullpens <p>2:00-2:20</p> <ul style="list-style-type: none"> • Defense • Bullpens <p>2:20-2:30</p> <ul style="list-style-type: none"> • Clean Field • Conditioning 	<p>1:00-1:10</p> <ul style="list-style-type: none"> • Set-Up Field <p>1:10-1:40</p> <ul style="list-style-type: none"> • Stretch, Calis, Arm Circles, Pitcher's Circuit, J Bands, Throw <p>1:40-2:00</p> <ul style="list-style-type: none"> • Defense • Bullpens <p>2:00-2:20</p> <ul style="list-style-type: none"> • Cages • Bullpens <p>2:20-2:30</p> <ul style="list-style-type: none"> • Clean Field <p>Conditioning</p>	