

## Practice Plan – Wednesday, 11/22/17 (Even Min Day)



### Reminders

- Varsity Thanksgiving Tourney Friday - Sunday
- Minimum Day Today- Var & JV Practice Done 1pm
- Wednesday Freshmen Practice Done 2pm

**Current Thanksgiving Tournament Roster-** Balingit, Bird- P, Bumgarner- P, Burge- P, Callahan- P, J Camacho, R Camacho, Chambers, Cogan, Farr, Fisher- P, Gellatly, Harrison- P, Ilan, Monheim, Dav Montalban- P, Nicol- P, N Perez- P, Rojas- P, Snavley- P, Stadt, Stefanos- P, and Topping.

### 2nd Game Work Crews-

**Friday-** Balingit, Bird, Callahan, Farr, Fisher, Ilan, Rojas, and Stefanos

**Saturday-**Burge, J Camacho, R Camacho, Monheim, Nicol, N Perez. Stadt, and Snavley

**Sunday-** Bumgarner, Chambers, Cogan, Gellatly, Harrison, Montalban, and Topping

Varsity	JV	Freshmen
11:20-12:00 <ul style="list-style-type: none"> <li>• Pitcher and Catchers begin stretch</li> </ul>	11:20-12:00 <ul style="list-style-type: none"> <li>• Pitcher and Catchers begin stretch</li> </ul>	12:45-1:20 <ul style="list-style-type: none"> <li>• Stretch, Cali's, Arm Circles, bands, Pitcher's Circuit, throw</li> </ul>
12:00-12:45 <ul style="list-style-type: none"> <li>• bullpens</li> </ul>	12:00-12:45 <ul style="list-style-type: none"> <li>• bullpens</li> </ul>	1:20-2:00 <ul style="list-style-type: none"> <li>• Bullpens</li> </ul>
11:20-12:30 (ALL other players) <ul style="list-style-type: none"> <li>• Field setup</li> <li>• Group rotations</li> </ul>	11:20-12:30 (ALL other players) <ul style="list-style-type: none"> <li>• Field setup</li> <li>• Group rotations</li> </ul>	
12:45-1:00 <ul style="list-style-type: none"> <li>• Field cleanup/setup for game one</li> </ul>	12:45-1:00 <ul style="list-style-type: none"> <li>• Field cleanup/setup for game one</li> </ul>	

### Today's movement: 3 rounds:

- 3-4-5- corners (25 feet apart)

### Bullpens:

Burge, Bird, Nicol, Harrison, Snavely, Stefanos, N. Perez, R. Ilan