

## Practice Plan – Tuesday, 6/19/18

### Reminders

- Varsity vs ND Tomorrow @ WR, 5pm
- Varsity & JV Weight Room Thursday
- JV @ Calabasas Thursday, 5pm
- Freshmen Notebooks Due Thursday
- Frosh vs SV Friday @ WR, 5pm
- Varsity @ Birmingham Friday, 7pm
- Varsity Host Games on Saturday
- Mo Baseball Sunday



### Summer Game Day Rosters Online at Our Website

| Varsity  | JV   | Freshmen  |
|--|--|---|
| 7:30-8:10 <ul style="list-style-type: none"> <li>• Stretch, Movement, Arm Circles, JBands, Pitcher's Circuit, Throw</li> </ul> | 7:30-8:10 <ul style="list-style-type: none"> <li>• Stretch, Movement, Arm Circles, JBands, Pitcher's Circuit, Throw</li> </ul> | 8:30-9:00 <ul style="list-style-type: none"> <li>• Stretch, Movement, Arm Circles, Throw</li> </ul>               |
| 8:10-9:10 <ul style="list-style-type: none"> <li>• BP</li> <li>• Bullpens</li> </ul>   | 8:10-9:10 <ul style="list-style-type: none"> <li>• BP</li> <li>• Bullpens</li> </ul>   | 8:00-9:30 <ul style="list-style-type: none"> <li>• Run Downs</li> <li>• Relays</li> </ul>                         |
| 9:10-9:30 <ul style="list-style-type: none"> <li>• Clean Field</li> </ul>  | 9:10-9:30 <ul style="list-style-type: none"> <li>• Clean Field</li> </ul>  | 9:30-10:15 <ul style="list-style-type: none"> <li>• Pre-Games</li> </ul>  |
|  |  | 10:15-10:30 <ul style="list-style-type: none"> <li>• Leads &amp; Breaks</li> <li>• Hit &amp; Run Lefty</li> </ul> |