

Baseball meeting 9/3

Introduction of coaches

- 1. Classroom expectations (X>77)
  - a. Study Hall 8:00 - 8:30
- 2. Conditioning before school
  - a. M-T-W 8:00 - 8:30
  - b. Weight classes
  - c. Work on your own
    - i. band work      iii. speed/agility
    - ii. core work      iv. strength

Sep 3-12:02 PM

3. After School Workouts

- a. Tues, Wed, Thurs
- b. position specific
  - i. 30 min defense
  - ii. 30 min offense
  - iii. pen work (rotate off offense/extend)
- c. only report on your day for instruction
- d. Long toss -- mandatory 2 days a week
- e. dress at the field in the dugouts
- f. clean up mandatory before leaving!

Sep 3-12:05 PM

After School Workouts (Continued)

- g. We WILL NOT have workouts on early release days.
- h. Unless it is your pen day, you should be ready for pickup by 5:40.
- i. Be dressed and ready to stretch no later than 4:05 to ensure this time frame works.
- 4. Field use on weekends
  - a. Cages/Pens are okay (clean/rake)
  - b. Stay off the field w/o permission

Sep 3-12:40 PM

After school conflict Matrix

Tuesday	Wednesday	Thursday

Sep 3-12:43 PM