

01/09/2024

Plan for Tuesday, January 9, 2024 – [CLICK LINK](#)

The Dudes v2 & Sticks – GROUP MEAL AT BUFFALO WILD WINGS AFTER WORKOUTS FRIDAY

A workout has been added for Thursday, January 18 at 5 AM for Grades 10-12 ONLY – NOTHING 1/19 DUE TO STATE COACHES CLINIC

PITCHERS – starting 1/26 we will be doing the majority of our mound work on Friday' includes going live to hitters at some point (BE AVAILABLE ON THESE DAYS)

PITCHERS – we are going to stay on schedule for pre-throw, throw, and post throw segments so be able to shorten it up