

# 01/10/2023

Plan for Tuesday, January 10, 2023 ([Click Link](#))

- Arrive for a 6:40 PM start in Town Square
- Check Plan for pertinent info regarding the Tuesday workout
- Pitchers check last two pages of the plan for information regarding the plan for the coming weeks, pre and post throw routines, recovery day routines, and a list of pitchers we have listed for each grade

Groups & Stations for Tuesday, January 10, 2023 ([Click Link](#))