

# 01/19/2024

*With a week off due to the weather keep the following items in mind...*

- Upperclassmen – do we want to have Thursday mornings available as an option to get in another throwing day? I need to know so I can reserve the fieldhouse. We would start at 6 AM and it would just be a day to do some pre-throw, stretch out your arm, and post throw work
- Try to get some work in if weather conditions allow over the next few includes:
  - Throwing
    - implement some of the positional stuff we do
    - stretch arm possible
  - Pitchers
    - try to get off a mound (58' at about 85 to 90%, 20-25 pitches with change-ups and offspeed mixed in)
  - Hitting
    - implement some of the hitting stuff we do
    - challenge yourself – SEE VELO
  - Speed Work & Mobility
    - implement some of the stuff we do
- Pitchers – your heavier mound work days will be on Friday's starting 1/26 so be available on those days to do our routine
- *ON OFF DAYS REMEMBER THE FOLLOWING OPTIONS:*
  - *If you throw your arm should tell you distance, # of throws, etc.*
  - *If you throw incorporate a pre-throw and post-throw routine*
  - *If P's throw incorporate change-ups and throw with*

*intent (command your throws)*

- *Days between throwing days do recovery work such as JBands, mobility, CARS (more intense mobility work), tubing, basic plyocare drills, etc.*
- Group Competition will be Friday, January 26 for home basketball game vs. Chesterton
- ***FINALLY – THOSE GOING TO THE WINTER FORMAL ON 1/20...***
  - ***Be Safe***
  - ***Look out for each other***
  - ***Make Good Decisions***
  - ***IT WOULD BE GREAT IF I COULD GET A GROUP PHOTO OF THE BASEBALL GUYS IN ATTENDANCE FOR TWITTER***