

# 02/02/2023

## *NOTES*

1. Returning varsity players – award decals off of helmet
2. Senior bios turned in
3. If you need more distance when throwing (use the cages if they are set up)
4. Get 5-6 pulldowns in Tuesday and Thursday this week (use the cages if they are set up)
5. Use our 1-5 scale when deciding how your arm feels prior to throwing
6. Pitchers continue to get recovery work in on days following mound work

Practice Plan for Thursday, February 2, 2023