

04/17/2023

2:30 – Locker Room (Helmet Decals On – see sheets & Grab LaPorte Stats – bring to C224) – **NEED KEYS**

2:50 – C224 to discuss LaPorte

3:05 – LGI area for Mental Training & Stretching

3:25 – Equipment Out (set outside Fieldhouse – TENNIS WILL BE PRACTICING)

3:45 – 5:00 – Workout

WE WILL NEED:

Cage 1 – Machine – RHP Sliders (46' – 57 MPH)

Cage 2 – Live – Coach Swartz (40' – 56 MPH)

Cage 3 – Machine (not divided) or Flips (divided)

- 1 or 2 Machines
- Cords
- 3 or 4 Screens
- 3 or 4 Throw Down Plates
- Radar Gun
- All Baseballs