

# 05/01/2023

## ***Decals on Helmets – DO BEFORE GOING TO FIELDHOUSE***

- I will be in the locker room after school to update stats on the board and will leave helmet decal sheets

***Go Hard – Jason Peabody (worked “2 strikes” to perfection on 4-24) – SHIRT WILL BE IN LOCKER ROOM AFTER SCHOOL***

***Get to Knows (I have a few missing from my some of you didn't turn your sheet in and should have it) – BRING TO FIELDHOUSE***

***Weekly Notecard – make sure these things you want to accomplish get accomplished or it's just “LIP SERVICE” – DO & BRING TO FIELDHOUSE***

## ***3:00 – 3:45 – COMPLETE THE FOLLOWING...***

- Items above completed
- Stretch – near LGI
- Mental Work (Players Lead) – near LGI
- Equipment Out (set outside fieldhouse – tennis will be in there) – will need baseballs, machine, etc. from outside

## ***3:45 – BE READY TO JUMP RIGHT INTO THE FIELDHOUSE TO SET-UP***

- All items above need to be completed beforehand
- We will go live in one cage (Coach Swartz)
  - The following guys need to get in 2 rounds with me minimum (Santana, Adamczewski, Snyder, Weber, Tobias, Warn, Carra, Kosteba, Robinson, Szatkowski, Smith, Romic)
  - O'Bryan, Arnold, Peabody get in 1 round with me
- Machine in another cage (RHCBSLIDERS)
  - 2 Sac, 1 H&R, 10-12 cuts
- Get in any throwing you need to do as well
- JV WILL BE WITH US AS WELL – 4 CAGES SET-UP

4:50 – Tear Down will be in after us

5:00 – Wrap-Up Meeting (Town Square)