

11/02/2022

Sprint Times Link (includes JV field times)

Christmas Break Baseball Camp Worker Sign-Up

November/December Player Meeting Schedule

WEDNESDAY, NOVEMBER 2, 2022

- **OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS**

- **REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK**

- **ATTENDANCE**

- **DIVIDE INTO GROUPS**

- **WARM-UP (VARSITY FIELD)**

- 1. Extensive pogo (blood flow) x 30 seconds
- 2. Inchworm (hamstrings) x 5
- 3. Gates (hips) x 5 each
- 4. Side lunge (adductors) x 5 each
- 6. BW squat x 5
- 7. Intensive pogo x 15 seconds
- 8. Frankenstein/Scoops
- 9. Hamstring Pulls
- 10. Sprints – 60'
 - $\frac{1}{2}$ Speed
 - $\frac{3}{4}$ Speed
 - Full Speed
 - Full Speed

- **COMBINE**

- **INDIVIDUAL COMBINE EVENTS GET REGULAR POINTS (7 THROUGH 1) – 6 EVENTS**

- **FINAL STANDINGS OF COMBINE GO FOR DOUBLE POINTS (14, 12, 10, 8, 6, 4, 2)**

- **GROUPS SHOULD HAVE THE EXACT # OF PARTICIPANTS FOR TRIANGLE, FARMER'S CARRY, TIRE FLIPS (GROUP TIME)**
- **EVERYONE IN THE GROUP SHOULD GO FOR BROAD JUMPS & 5-10-5 (AVERAGE TIME)**
- **INDIVIDUAL TEAM**
 - **4 ROTATIONS TO GET THROUGH ALL 3 LISTED BELOW**
 - **TRIANGLE**
 - **TIME BOTH TEAMS AT ONE TIME**
 - **RELAY – TAG NEXT GUY AT HOME PLATE UPON COMPLETION**
 - **CONTINUE UNTIL LAST GUY TOUCHES HOME PLATE (STOP CLOCK)**
 - **1-Warriors & Patriots**
 - **2-Top G & Good Good**
 - **3-Rangers & The Upper 3rd**
 - **4-Team Stumps**
 - **FARMER'S CARRY**
 - **TIME ONE TEAM AT A TIME**
 - **45 LB. PLATES HELD EACH IN EACH HAND**
 - **START AT LF LINE AND WALK 45' AROUND CONE THEN BACK TO LF LINE**
 - **DROP PLATES THEN NEXT GUY PICKS UP AND GOES**
 - **CONTINUE UNTIL PLATES HIT THE GROUND FROM LAST GUY (STOP CLOCK)**
 - **1-Top G & Good Good**
 - **2-Rangers & The Upper 3rd**

- *3-Team Stumps*
- *4-Warriors & Patriots*
- *TIRE FLIPS*
 - *TIME ONE TEAM AT A TIME*
 - *START AT LF LINE AND FLIP TIRE UNTIL THE ENTIRE TIRE IS PAST THE CONE AT 45'*
 - *NEXT GUY IN GROUP THEN STARTS FLIPPING BACK UNTIL THE ENTIRE TIRE IS PAST THE LF LINE*
 - *CONTINUE UNTIL LAST PERSON GETS LAST FLIP IN (STOP CLOCK)*
 - *1-Rangers & The Upper 3rd*
 - *2-Team Stumps*
 - *3-Warriors & Patriots*
 - *4-Top G & Good Good*
- *WATER BREAK*
- *GIVE FINAL STANDINGS FOR TRIANGLE, FARMER'S CARRY, TIRE FLIPS*
- *UPDATE CURRENT OVERALL STANDINGS*
- *BROAD JUMPS*
 - *START AT LF LINE AND DO 5 CONTINUOUS JUMPS (NO PAUSE)*
 - *DISTANCE ON LAST JUMP IS MEASURED (FRONT OF FOOT)*
 - *1-Warriors, Patriots, Top G, Good Good*

- *2-Rangers, Upper 3rd, Team Stumps*
- *5-10-5*
 - *START AT MIDDLE CONE, GO 5 YARDS TO THE RIGHT (TOUCH CONE), SPRINT 10 YARDS TO THE LEFT (TOUCH CONE), AND SPRINT THROUGH THE MIDDLE CONE (STOP CLOCK)*
 - *1-Rangers, Upper 3rd, Team Stumps*
 - *2-Warriors, Patriots, Top G, Good Good*
- *WATER BREAK*
- *GIVE FINAL STANDINGS FOR TRIANGLE, FARMER'S CARRY, TIRE FLIPS*
- *UPDATE CURRENT OVERALL STANDINGS*
- *GROUPS SHOULD HAVE THE EXACT # OF PARTICIPANTS*
- *TEAM VS. TEAM*
 - *TUG OF WAR*
 - *OVERALL STANDINGS*
 - *4 VS 5 (1 BYE VS WINNER), 2 VS 7, 3 VS 6*

EQUIPMENT:

- *2 – 45lb. Plates*
- *Cones*
- *Smaller Tire*
- *Rope*
- *Tape Measure*

- *Attendance Sheets/Pencils*
- *Coach Sheets for recording info*