



3/27/2019 Schedule: Workout #40/#24/#17



"The whole future lies in uncertainty: live immediately." -Seneca

Breakfast 6:00-8:30 / Van @ 6:00 (treatment) & 6:30 / Treatment: 6:30-TBD / Lunch: 11:00 - 1:00

Open Cage @ 7:15

SCHEDULE

TIME	ACTIVITY	LOCATION	STAFF
8:00 - 8:40	Guest Speaker (position players only)	PCR	PG / EG / TS / STAFF
8:45 - 9:00	Guest Speaker (all players)	PCR	ZB / STAFF
see your schedule Schedule Review		see your schedule	LV/MID/STK/BEL/EXT

Staff Meeting(s):

n/a Mgr/Coordinator
 TBD Team Staff Meeting
 7:15 Full Staff Meeting
 TBD PC LM: CS/DS/CC/BC/OZ

*Leadership topic TBD

LAS VEGAS & MIDLAND

Away

PITCHERS:

9:00 - 9:30	Active Warm Up	WR	STR
9:30 - 9:40	Schedule Review	FLD 4 LF	RR/SC/STAFF
9:40 - 10:10	Stretch & TP	SEE BELOW	STR/RR/SC
9:40-9:53 Stretch Together Fld 4 Lf		9:53-10:08 TP: Lv Fld 4 Lf Mid Fld 3 Rf	
10:10 - 10:20	PPF	FLDs 3 & 4	RR/SC
Fld 3: Mid Fld 4: Lv PFP: 2 groups Gb's		Condition Fld 4 after PFP (shag Flds 1 & 2)	

POSITION PLAYERS:

9:00 - 9:35	Active Warm Up	WR	STR
9:35 - 9:45	Schedule Review	FLD 1 LF	FR-STAFF / SS-STAFF
9:45 - 10:17	Stretch & TP & Mgr Choice	SEE BELOW	STR / LV / MID
9:45-9:58 Stretch Together Fld 1 Lf		9:58-10:05 TP: LV Fld 1 Lf MID Fld 2 Lf	
10:05-10:17 Mgr Choice			
10:20 - 11:00	Coaches BP	FLDs 1 & 2	LV / MID / STAFF
Fld 1: LV Fld 2: MID		*C's hit in 1st group then to 7P	
BP Routine(6 pitch limit): middle / oppo / 2k approach / ahead in count / +			
12 Min Groups: HIT <--- Defense (live reads/optional GB/OF skill work) <--- Shag *Pitchers will shag			

11:00 LUNCH 11:50 BUS 1:00 GAME @

Sides: 7P

Lv & Mid @ 10:40

Buchanan, Lobstein, Jordan
Verrett, Howard, Holmes

Stk & Bel @ 11:40

Poche
Aquino, Kelly, Mora, Pineda, Ruess

Sim Game @ 1:00 FLD 1

Extended

Early Work: NONE (active W/U prior)

Catchers: 7P

GO

Infielders: HF

JN

Outfielders: AG

LT

Base Runners: FLD 1

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Hitters: CAGE

JE/HC'S

STOCKTON & BELOIT

Home

PITCHERS:

9:40 - 10:10	Active Warm Up	WR	STR
10:10 - 10:20	Schedule Review	FLD 4 LF	CS/DC/STAFF
10:20 - 10:50	Stretch & TP	SEE BELOW	STR/CS/DS
10:20-10:33 Stretch Together Fld 4 LF		10:33-10:48 TP: Fld 4 Lf Bel Fld 3 Rf	
10:50 - 11:00	PPF	SEE BELOW	CS/DS/STAFF
Fld 3: Bel Fld 4: Stk PFP: 2 group Gb's		*Condition after PFP Fld 1 (Shag Flds 1 & 2)	

POSITION PLAYERS: FOR GAME: STK FLD 4 / BEL FLD 3

9:25 - 9:55	Active Warm Up	WR	STR
9:55 - 10:05	Schedule Review	AG	WG-STAFF / LT-STAFF
10:05 - 10:18	Stretch	AG	STR
10:20 - 10:55	Defensive Skill Work -Cage Routine	HF / CAGE	WG -STAFF / LT-STAFF
Hf/Ag/7P: Defensive Skill Work - Stk		Cage: BEL *Rotate 15 minutes	
10:58 - 11:15	TP & Mgr Choice	SEE BELOW	WG-STAFF / LT-STAFF
Fld 3: Bel Fld 4: Stk		10:58-11:05 TP: Bel Lf Stk RF 11:05-11:17 Mgr choice	
11:20 - 12:00	Coaches BP	FLDs 1 & 2	STK / BEL / STAFF
Fld 1: Stk Fld 2: Bel		*C's hit in 1st group then to 7P	
BP Routine(6 pitch limit): middle / oppo / 2k approach / ahead in count / +			
12 Min Groups: HIT <--- Defense (live reads/optional GB/OF skill work) <--- Shag *Pitchers will shag			

12:00 LUNCH 12:45 ON LINE 1:00 GAME vs.

Extended Team Program

after guest speakers Meeting PCR

Notes:

Skill Work:

Inf:

Of:

GROUNDS CREW

BP Screens: L, Shag, 1B, 2B

Machines:

Machines:

Sim Game @ 1:00 FLD 1

ARM CARE: Check Board

Tomorrow Schedule: Thursday, 3/28

LV/MID 11:00a vs. Padres

STK/BEL 11:00a @ Padres

Extended 11:00 Fld 1

VANS : BOTH @ 6:00 / BREAKFAST 6:30-9:00 / SCHEDULE REVIEW: TBD / Bus to Peoria @ 9:00

schedule subject to change

Mgr/Coord Mtg: TBD

Staff Meeting: TBD