



Thursday, 10/17/24 – ODD day

Reminders:

- **Stay off the infield**
- **Games at El Camino, Sat 10/19**
 - **Varsity @ 9am**
 - **JV @ 1pm**
 - **Frosh @ 4pm**

Varsity	JV	Frosh
1:05-1:50 Stretch, warm-up, j-bands, throw	1:05-1:50 Stretch, warm-up, j-bands, throw	1:05-1:20 Field setup - BP in LF
1:50-2:50 BP	1:50-2:50 BP	1:20-1:50 Cages
2:50-3:05 Field cleanup	2:50-3:05 Field cleanup	1:50-2:25 Stretch, warm-up, j-bands, throw 2:25-2:50 - soccer field Team defense 2:50-3:05 Field cleanup