

## Practice Plan

**Tuesday, 5/28/24 - Finals**

### Reminders:

- Register for summer camp now



Varsity	JV	Frosh
10:45-11:30 stretch, warm-up, arm circles, j-bands, throw	10:45-11:15 cages	
11:30-12:00 Cages All POs - PFPs (left field)	11:15-12:00 stretch, warm-up, arm circles, j-bands, throw	
12:00-12:15 Cluster sprints	12:00-12:15 Cluster sprints	