

2019 TRYOUT PLAN worksheet **11-12-18**

Monday, Jan. 14 / Tryouts Day 1

3:45 5:45 **Group A / Data Collection**
60's / Pro Tryout / Video Hitters

6:00 8:00 **Group B / Data Collection**
60's / Pro Tryout / Video Hitters

Tuesday, Jan. 15 / Tryouts Day 2

3:45 5:45 Group A
:20 Warm Up
:10 Get Arms Loose
:30 IF - Defense
OF / C - Offense
:30 IF - Offense
OF / C - Defense
:10 Baserunning
:10 Field Maint.

6:00 8:00 Group B
:20 Warm Up
:10 Get Arms Loose
:30 IF - Defense
OF / C - Offense
:30 IF - Offense
OF / C - Defense
:10 Baserunning
:10 Field Maint.

Wednesday, Jan. 16 / Tryouts Day 3

3:45 5:45 Group A
:10 Warm Up
:20 Mass Fungo / B.P
:20 Mass Fungo / B.P
:10 Get Arms Loose
:50 Intersquad / 3-4 Innings
:10 Field Maint.

6:00 8:00 Group B

:10	Warm Up
:20	Mass Fungo / B.P
:20	Mass Fungo / B.P
:10	Get Arms Loose
:50	Intersquad / 3-4 Innings
:10	Field Maint.

Thursday, Jan. 17 / Tryouts Day 4

3:45	5:45	Group A
	:10	Warm Up
	:20	Mass Fungo / B.P
	:20	Mass Fungo / B.P
	:10	Get Arms Loose
	:50	Intersquad / 3-4 Innings
	:10	Field Maint.

6:00	8:00	Group B
	:10	Warm Up
	:20	Mass Fungo / B.P
	:20	Mass Fungo / B.P
	:10	Get Arms Loose
	:50	Intersquad / 3-4 Innings
	:10	Field Maint.

FIRST CUT

Friday, Jan. 18 / Tryouts Day 5

3:45	5:45	Group A
	:20	Warm Up
	:10	Get Arms Loose
	:30	IF - Defense
		OF / C - Offense
	:30	IF - Offense
		OF / C - Defense
	:10	Baserunning
	:10	Field Maint.

6:00	8:00	Group B
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:20	Warm Up
:10	Get Arms Loose
:30	IF - Defense
	OF / C - Offense
:30	IF - Offense
	OF / C - Defense
:10	Baserunning
:10	Field Maint.

Saturday, Jan. 19 / Rainout Makeup Day

Monday, Jan. 21 / Tryouts Day 6 (MLK DAY)

11:00	1:00	Group A
	:10	Warm Up
	:20	Mass Fungo / B.P
	:20	Mass Fungo / B.P
	:10	Get Arms Loose
	:50	Intersquad / 3-4 Innings
	:10	Field Maint.

1:15	3:15	Group B
	:10	Warm Up
	:20	Mass Fungo / B.P
	:20	Mass Fungo / B.P
	:10	Get Arms Loose
	:50	Intersquad / 3-4 Innings
	:10	Field Maint.

Tuesday, Jan. 22 / Tryouts Day 7

3:45	5:45	Group A
	:10	Warm Up
	:20	Mass Fungo / B.P
	:20	Mass Fungo / B.P
	:10	Get Arms Loose
	:50	Intersquad / 3-4 Innings
	:10	Field Maint.

6:00	8:00	Group B
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:10	Warm Up
:20	Mass Fungo / B.P
:20	Mass Fungo / B.P
:10	Get Arms Loose
:50	Intersquad / 3-4 Innings
:10	Field Maint.

Wednesday, Jan. 23 / Tryouts Day 8

3:45	5:45	Group A
	:20	Warm Up
	:10	Get Arms Loose
	:30	IF - Defense
		OF / C - Offense
	:30	IF - Offense
		OF / C - Defense
	:10	Baserunning
	:10	Field Maint.

6:00	8:00	Group B
	:20	Warm Up
	:10	Get Arms Loose
	:30	IF - Defense
		OF / C - Offense
	:30	IF - Offense
		OF / C - Defense
	:10	Baserunning
	:10	Field Maint.

FINAL CUT