

WSGA PRACTICE SCHEDULE							
					Group A	Group B	Group C
START	END	TIME	EVENT	GROUP	4	4	4
0	10	10	Stretch	All			
10	20	10	Throw	All			
20	25	5	Water Break	All			
25	40	15	Fielding	A			
25	40		Batting	B			
25	40		Infield	C			
25	40	15	Fielding	C			
25	40		Batting	A			
25	40		Infield	B			
25	40	15	Fielding	B			
25	40		Batting	C			
25	40		Infield	A			
35	40	5	Water Break	All			
40	50	10	Star Drill	All			
50	55	5	Cool Down	All			
Total Time				90			
					QUICK NOTES		

PRACTICE NOTES	IMPORTANT INFO
	RAINOUT NBR: 677-4754
	COACH
	COACH
	SCHEDULE
WS First Aid & Fire 675-1333 / Police 674-2280 / Not sure Dial 9-1-1	

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