

LANCER BASEBALL TRYOUT 2010  
Monday Schedule

Date 5-1-10

- 3:15** Meet & Organize Pitchers/Catchers
- 3:30** Throw Pens
- 4:30** Meet & Organize In Hall (WHOLE TEAM)
- 4:45** Seniors Get everyone loose
- 5:00** Stations
- 1) 10 min. run
  - 2) Throw-South Side of Main gym
  - 3) Defense-North Side of gym
  - 4) T's-Stage
  - 5) Flips-Stage
  - 6) Short Toss-South cage
  - 7) Bunts- Corner Stage Gym
  - 8) Live-10 cuts
- 6:40** Sprints
- 6:55** Meet/Break Out

**RESPECT THE GAME!!! HUSTLE EVERYWHERE!!!**