

Monroe High School Baseball - "Off-Season Workout Schedule"

Rules:

1. Voluntary - opportunity to improve on basic skills; highly recommended
2. Must have "PHYSICAL" on file with Athletic Office in order to Participate (any aspect)
3. While participating, no horseplay or off-task behaviors will be acceptable. Consequence will be dismissal from that day's activity.
4. If you are participating in another sport, that is your PRIORITY! Only come to hitting instruction/pitching if it does not impact your ability to be a top notch student and athlete for your current sport.
5. Will begin week after THANKSGIVING --- Monday, November 26 and run up to March 3
6. If you can't make it to a time you signed up for, call/text/email Coach Hoffman (734-755-3784 or hoffmann@monroe.k12.mi.us) to inform him of this.

PITCHERS/CATCHERS: Monday AND Wednesday - Monroe Middle School Gym (7:15-9:30)

*Sign-Up will be in Coach Clark's Room (#C-224)

*Catchers (bring gear if you have your own, including cup)

*1 Session per week for pitchers (4-man sessions; 2 catchers-2 pitchers at a time)

*Starts Monday, November 26 and Wednesday, November 28

CONDITIONING: Monday, Tuesday, AND Thursday - Monroe High Weight Room (2:30-4)

*Will be with Football Team

*Emphasis on developing core/overall strength and flexibility

*Starts Monday, November 26, Tuesday, November 27, Thursday, November 29

HITTING INSTRUCTION: (Varsity) and (JV/Freshman)...Times To Be Determined

*Sign-Up will be in Coach Clark's Room (#C-224)

*4-Man Hitting Groups

*Development of Hitting/Bunting Approach/Refinement of Mechanics

*Individual Tee Work-Drills/Live Reps (Machine and with Pitcher)

***Varsity** (at the present time...subject to change) will be on the following dates: Sat. Dec. 1, Sat. Dec. 8, Sat. Dec. 15, Sat. Jan. 5, Sat. Jan. 12, Sat. Jan. 19, Sat. Jan. 26, Sun. Feb. 3, Sat. Feb. 9, Sun. Feb. 24, Sat. March 2....Times will run from Noon-4pm on each date

***Freshman/JV** (at the present time...subject to change) will be on the following dates: Sun. Dec. 2, Sun. Dec. 9, Sun. Dec. 16, Sat. Jan. 5 (4-8), Sun. Jan. 13, Sun. Jan. 20, Sun. Jan. 27, Sat. Feb. 2 (4-7), Sun. Feb. 10, Sat. Feb. 23 (8-Noon), Sun. March 3...Times will run from 10am-2pm each Sunday and at the times in parentheses for non-Sunday dates.

Weekly Schedule ---

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning @MHS (2:30-4) Pitchers AND Catchers @Monroe Middle (7:15-9:30)	Conditioning @MHS (2:30-4)	Pitchers AND Catchers @Monroe Middle (7:15-9:30)	Conditioning @MHS (2:30-4)		Hitting Instruction (Varsity) Time - To Be Determined	

Program Philosophy/Impact on you...

1. We are a "Family!" We are in this together and that means everyone...7th-12th grade. Each player will have a "Role" and through supporting one another and pushing each other to become better, we will develop chemistry, continuity, and become a better team capable of competing against anyone!
2. We will develop the entire player - student/athlete/human! We want you to become the best version of yourself in each aspect of your life.
3. You are a "STUDENT-ATHLETE." From this point on, we expect you to put your best foot forward in school - both behaviorally and academically. As a teacher in this district, all high school staff will be made aware of those participating in baseball workouts and trying out for the team and will be asked to contact me regarding struggles in either area. You need to represent yourself and our program proudly!
4. We will emphasize skill development (physical aspect) and the ability to think the game (mental aspect) at every level. However, at the Varsity level, we are going to be putting the best 9 players (any grade level) on the field that provide us with an opportunity to be competitive.