

## 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](mailto:hoffmann@monroe.k12.mi.us)) to inform him of this.

### **4-PERSON PITCHING/CATCHING --- Updated SCHEDULE (due to basketball at MMS starting games)**

\*Monday AND Wednesday...(7:30-10); Dates – 2/20, 2/25, 2/27

\*Sign-Up will be outside of Coach Clark’s Room (#C-224)

\*Show up roughly 20-30 minutes before pitching to begin warm-up routine

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

\*Emphasis on developing core/overall strength and flexibility

**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** --- will be on the following dates:, Sun. Feb. 24 (8am-2pm), Sat. March 2 (Noon-4)

**\*Freshman/JV** --- will be on the following dates: Sun. Feb. 24 (8am-2pm with Varsity), Sun. March 3 (10am-2pm)

### **Weekly Schedule --- (Updated)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning @MHS (2:30-4)  Pitching and Catching (7:30-10)	Conditioning @MHS (2:30-4)	Pitchers AND Catchers @Monroe Middle School (7:30-10)	Conditioning @MHS (2:30-4)		Hitting Instruction (Varsity) Dates/Times above	Hitting Instruction (JV/Freshman) Dates/Times above