

# *FALL & WINTER WORKOUT SCHEDULE*

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## **FALL PROGRAM - SEPTEMBER 18-OCTOBER 30**

- **Weightlifting** - Fridays 2:45-4:00
- **Practice** - Mondays 4:00-6:00 (*includes weightlifting*)

## **WINTER PROGRAM - NOVEMBER-JANUARY**

GHSA rules allow for all players to condition together. We will condition as a TEAM on Mondays, Wednesday, and Friday with Coach Stafford.

All players are expected to attend either the Extended Day tutoring program or hitting on Mondays and Wednesday from 2:45 to 4:00 and then conditioning afterwards.

GHSA rules do not allow more than 1 school coach to work with more than 2 players at a time until tryouts the first week of February.

With Mondays and Wednesdays being committed to hitting or tutoring and conditioning afterwards we will be using Tuesdays and Thursdays for 2-on-1 sessions with players and their position coach.

- **Mondays** 2:45-4:00 Tutoring or Open Hitting / Weight Training (in Weight Room) 4:15-5:30
- **Tuesdays** from 3:00-5:30 pitchers 2 at time. See Schedule on Coach's door.
- **Wednesdays** Open hitting from 2:45-4:00 & Catchers from 2:45-4:00 / Conditioning (in Batting Facility) Coach Stafford 4:15-5:30.
- **Thursdays** Infielders from 3:00-5:30.
- **Fridays** Weight Training (in Weight Room) Coach Stafford 2:45-4:15.

Mondays and Wednesdays will also be used to make team announcements since we will all be together for conditioning.

We will only use weekends if a player initiates scheduling extra help with a coach and that coach is available.



Because of the 2 players to 1 coach rule, players will only get 1 or 2 sessions per week with a coach. Many younger players will not be able to get 2-on-1 time unfortunately because there are just not enough hours in the week to fit it in.

- We will take off the week of Thanksgiving, Exam Week, and All of Christmas Break
- Players are encouraged to use the breaks to rest, condition, long toss etc as they feel they need to.

## **EXPECTATIONS FOR THIS WINTER SEASON PROGRAM**

1. All Baseball Players who are in-season on another Marietta High School team this winter like Basketball, Swimming, or Wrestling are excused from all baseball events until that season is over. If you can schedule a 2-on-1 with your position coach in a time that does not conflict with your in-season sport and that in-season coach will permit it then see Coach Stafford to schedule it. You are also welcome to come and hit during open hitting on Mondays, Wednesdays, or Thursdays anytime between 2:45-4:00 if your schedule permits.
2. All players are expected to have their contact information to Coach Stafford immediately including player and parent emails, cell numbers and home numbers.
3. All players need to go to register cell phone numbers immediately at <http://mariettabaseball.com/communications.php> which only take a few seconds and will help you and your parents get announcements immediately via text messages.
4. All players who owe running for whatever reason must see Coach Stafford or Coach Wilson to schedule it. If a plan is not in place and begun by Thanksgiving you will not be allowed to participate in TEAM activities until tryouts in February – and, the running will still be waiting on you.
5. All players are expected to be at there scheduled sessions unless excused in advance with the coach they are scheduled to work with. The first unexcused absence is 5 miles. The second unexcused absence the player will not be allowed to participate in team activities until tryouts in February.



6. All players are expected to be 15 minutes early to there 2-on-1 sessions so they can warm up and stretch and be ready to start at there designated time as these sessions will only last 30 minutes.
7. Not every player can have the time slot they desire. It is a privilege to get time with a coach and there are several players who would cherish the chance to work with a coach and are not getting a chance during this time of year. Have a good attitude and thank your position coach for taking the time to work with you during the 2-on-1's.
8. Changing time slots and/or switching partners must be approved by the position coach. You can ask but have a good reason and know that it may not work out.

See specific 2-on-1 schedule with players specific time slots below.

Go Blue Devils!

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**Note:**

- \*\* Fall-sport athletes are not allowed to leave their respective sport practices early.
- \*\*\* Scheduled 2-on-1-sessions are strictly with two players only!!
- \*\*\*\* All weightlifting and 2-on-1-sessions are on a voluntary basis!!



## 2009-2010 - Nov, Dec, Jan Workout Schedule

Be 15 minutes early to warm up and stretch so you can start on time.  
Contact the coach you are scheduled with about conflicts.

<b>Mon</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
2:45	Tutoring or Hitting	All Players	
3:00	Tutoring or Hitting	All Players	
3:30	Tutoring or Hitting	All Players	
4:00	Tutoring or Hitting	All Players	
4:15	Conditioning	All Players	
5:00	Conditioning	All Players	
5:30	Conditioning	All Players	
6:00			
<b>Tue</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
3:00	Indoor Facility	Chevez Clark, Stetson Nelson	
3:30	Indoor Facility	M Whatley, Reed Nixon	
4:00	Indoor Facility	Nick High, Parker Nelson	
4:30	Indoor Facility	K Graham, Cameron Day	
5:00	Indoor Facility	Ben Adams, Tyler Johnson	
5:30	Indoor Facility		
6:00	Indoor Facility		
6:30	Indoor Facility		
<b>Wed</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
3:00	Indoor Batting cage	Hitters that were not in tutoring on Monday	
3:30	Indoor Batting cage	Hitters that were not in tutoring on Monday	
4:00	Indoor Batting cage	Hitters that were not in tutoring on Monday	
4:30	Indoor Batting cage	Chevez Clark, Steven Goins	
5:00	Indoor facility or field	Parker Nelson, Nick High	
5:30	Indoor facility or field	Ryan Henderson, Malcom Macray	
6:00	Indoor facility or field	Nick Boatwright, Miles Williams	
6:30	Indoor facility or field		
<b>Thur</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
2:45	Tutoring or Hitting	All Players	
3:00	Tutoring or Hitting	All Players	
3:30	Tutoring or Hitting	All Players	
4:00	Tutoring or Hitting	All Players	
4:15	Conditioning	All Players	
5:00	Conditioning	All Players	
5:30	Conditioning	All Players	
6:00			



<b>Fri</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
3:00	Indoor facility or field	Tyler Wilson, David MacPherson	
3:30	Indoor facility or field	R Nixon, M Whatley	
4:00	Indoor facility or field	E Henderson, R Henderson	
4:30	Indoor facility or field	K Graham, Cameron Day	
5:00	Indoor facility or field	S Nelson, P Nelson	
5:30			
6:00			
<b>Sat</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
<b>Sun</b>	<b>Location</b>	<b>Players</b>	<b>Coach</b>
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			

