



Preseason Player Development LHS 2012 SPRING BASEBALL

Preseason Requirements:

Any LHS student interested in playing baseball in the Spring of 2012 has the right to be involved in preseason conditioning. Understand that these scheduled workouts are *NON-MANDATORY* and does **not guarantee a roster spot on any level of the program for the upcoming season.** If an individual decides to participate in preseason conditioning they are agreeing to LHS baseball Code of Ethics and Responsibilities, failure to comply will result of player removal of the preseason program.

Preseason Schedule:

Compound Times: 3:30 to 5:00pm. This schedule is subject to change, so please be responsible in checking email and the website.

November 16th

- Player Meeting/Expectations/Goal Setting. Meeting will be held at LEMS Industrial Tech Room. Get used to it, we will be meeting there for chalk talks, college planning, etc. Time 6:00pm

November 28th – Dec 2nd

- *Tuesday:* T-work, regain muscle memory, physical conditioning.
- *Wednesday:* Parent Fundraiser Committee to discuss program needs, Poker Night, and Christmas in the Cage. Parent Volunteers needed... (6:00pm LEMS Industrial Tech Room)
- *Thursday:* T-work, regain muscle memory, physical conditioning.
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December 5th - 9th

- *Tuesday:* Basketball Drill, creating wrist and torque strength, while staying balanced, physical conditioning.
- *Thursday:* Continue Basketball Drill Week, HALF CAGE! Physical Conditioning.

December 12th – 16th

- *Tuesday:* Basketball Drill Week, creating wrist and torque strength, while staying balanced, physical conditioning.
- *Thursday:* Half Cage, Game like Situations! Physical Conditioning.

December 19th – 22nd

- Prep cage for “Christmas in the Cage” on Wednesday December 21st 6:00pm
- *Semester Finals No workouts...*

December 23rd – January 8th

- *No workouts Winter Break...*

January 9th – 13th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Tuesday:* Half cage and soft toss, plate coverage and ball recognition, physical conditioning.
- *Wednesday:* Half cage, LIVE, physical conditioning.
- *Thursday:* LIVE, T-Work, physical conditioning.
- ***Pitcher/Catcher Workouts will begin. Coach Fancher will discuss times for pens.***

January 16th – 20th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Tuesday*: Stretch and Throw, T-Work, LIVE, physical conditioning.
- *Wednesday*: Stretch and Throw, Rapid Soft toss, LIVE, physical conditioning
- *Thursday*: Stretch and Throw, Basketball Drill, LIVE, physical conditioning
- ***Pitcher/Catcher Workouts cont. Coach Fancher will discuss times for pens.***

January 23rd – 27th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Monday*: Chalk talk, Defensive, Offensive, meet in Industrial Tech Room at Erwin Middle School @4:00PM. Bring a Pencil!
- *Tuesday*: Stretch and Throw, Owens? T-Work, LIVE, physical conditioning.
- *Wednesday*: Stretch and Throw, Owens?, Rapid Soft Toss, LIVE, physical conditioning
- *Thursday*: Stretch and Throw, Owens?, LIVE, physical conditioning
- ***Pitcher/Catcher Workouts cont. Coach Fancher will discuss times for pens.***

January 30th – February 3rd

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Monday*: Chalk talk, Defensive, Offensive, meet in Industrial Tech Room at Erwin Middle School @4:00PM. Bring a Pencil!
- *Tuesday*: Stretch and Throw, Owens? T-Work, LIVE, physical conditioning.
- *Wednesday*: LIVE, physical conditioning

-----Parent/Player Meeting Wednesday Feb. 1st 6:00PM at the LHS Auditorium -----

- *Thursday*: Stretch and Throw, Owens?, LIVE, physical conditioning
- ***Pitcher/Catcher Workouts cont. Coach Fancher will discuss times for pens.***

February 6th – 10th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Monday*: 4:00PM start, Stretch and Throw, Owens? T-Work, LIVE, physical conditioning.
- *Tuesday*: Stretch and Throw, Owens? Rapid Soft Toss, LIVE, physical conditioning.
- *Wednesday*: Stretch and Throw, Owens?, Basketball, LIVE, physical conditioning
- *Thursday*: Stretch and Throw, Owens?, LIVE, physical conditioning
- *Friday*: LIVE
- ***Pitcher/Catcher Workouts cont. Coach Fancher will discuss times for pens.***

-----Poker Night February 11th -----

February 13th – 17th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Monday*: 4:00PM start, Stretch and Throw, Owens? T-Work, LIVE, physical conditioning.
- *Tuesday*: Stretch and Throw, Owens? Rapid Soft Toss, LIVE, physical conditioning.
- *Wednesday*: Stretch and Throw, Owens?, Basketball, LIVE, physical conditioning
- *Thursday*: Stretch and Throw, Owens?, LIVE, physical conditioning
- *Friday*: LIVE
- ***Pitcher/Catcher Workouts cont. Coach Fancher will discuss times for pens.***

February 20th - 24th

(Note: Bring Warm Clothes and Baseball Gear; any nice day will be spent up at Owens if possible)

- *Tuesday*: Stretch and Throw, Owens? Rapid Soft Toss, LIVE, physical conditioning.
- *Wednesday*: Stretch and Throw, Owens?, Basketball, LIVE, physical conditioning
- *Thursday*: Stretch and Throw, Owens?, LIVE, physical conditioning
- *Friday*: LIVE
- ***Pitcher/Catcher Workouts con. Coach Fancher will discuss times for pens.***

February 27th Tryouts and First Official Week of Spring Baseball