

THROWERS.....

Since none of you wanted the extra practice tomorrow, Friday, here is what I expect over break. If you are gone, 100 push ups and sit-ups and a run a MILE each day. Work on you throwing footwork. Have fun.

We will throw next week on Wednesday and Thursday at 3:15 and end when your done, other days do the 100 push ups and sit-ups and a run a mile each day We cannot lose what we have started, our next meet is Wednesday after you get back.

We need to get better.

Again HAVE FUN

Coach George