

Parker-Tarrant Warriors Home Practice Sign-off Sheet

Name: _____

Dates: _____

Home Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pitchers - Cardio Exercise 3 Days for at least 15 minutes							
All - Cardio Exercise 2 Days for at least 15 minutes							
Pitchers - Throw at least 30 pitches, 3 days							
Catchers - Catch at least 30 pitches, 3 days							
Infielders - 50 Ground Balls (total)							
Outfielders - 50 Fly Balls (total)							
All - Hitting - 80 Swings (total)							

Note: Cardio exercise could be Jog, Bike, Stationary Bike, Treadmill, Swimming -- The idea is to build up your physical endurance

Parent Signature: _____