

Greenwich Blue Jays

Equipment

Games: Cleats, Glove, Batting Glove(s), Cup, Uniform (Hat, Pants, Shirt, Socks) & Bat (If you have your own)

Practices: Cleats, Glove, Batting Glove(s), Cup, Pants (Must be able to slide) & Bat (If you have your own)

Pitchers: Jacket/Sweatshirt

Daily Routine for Players on Days with No Practice or Game

All Players: Stretch Out, Take 25 practice swings with correct form & Make 15 Bunts

Pitchers: Warm up your arm / stretch out, Throw 15 light tosses (25' distance), Then throw 15 light tosses (pitching distance), Then throw 10 full speed fastballs (fastballs only) & Finish by stretching out again

Infielders: Warm up your arm / stretch out, Throw 20 light tosses (25' distance), Throw 10 long tosses (120' distance), Throw 20 bee line throws (60' distance), Field 5 popups, Field 10 ground balls & Finish by stretching out

Outfielders: Warm up your arm / stretch out, Throw 20 light tosses (25' distance), Throw 20 long tosses (120' distance), Throw 20 bee line throws (60' distance), Field 10 popups, Field 5 ground balls & Finish by stretching out