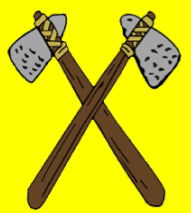
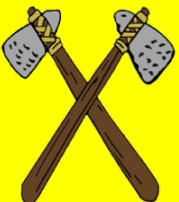
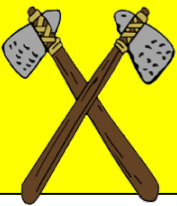


Pregame-HOME			Tomahawk Hatchets Pregame Protocol			
1:15	Arrive @ T-K / Fully dressed		Home games - starts 1 hour - 15 min prior to 1st Pitch			
1:05	(cleats on in dugout - Warmup (B3)					
	Blood Flow (B1 & B2 -					
	Choose 2 from B1, Rundowns)					
:50	Throwing Program (B5)	BOX 1		BOX 2		
:35	Bathroom / Water / etc.	OPTIONS:		OPTIONS:		
:31	PREGAME INs & OUTs (N1)	1. controlled jump (from 1B) + jump leads (from 2B)		1. circle drills		
:20	P / C prep, focus work (B6)	2. leads vs. P (include blind DBRs)		2. box drills		
	Pregame swings (B4)	3. Blind leads + return to bases		3. rundowns		
:00	GAMETIME -	4. Mental prep (GYMR-visualilization-meditation-VERIFY WITH ME!)				
	DOMINATE THE PROCESS!	BOX 3		BOX 4		
		NON Pitchers:		Vision cards / small balls / velocity bats / indy		
		1. Jaeger band series		tee drills / Bunting		
		2. carioca + progressive sprint series				
		UPON COMPLETION - Arm circles (FULL SQUAD)		TUNNEL SEQUENCE:		
	BOX 6	PITCHERS:		1. Bunts (get 4 down)		
	Pitcher & Catcher - follow pregame bullpen protocol (pg 12)	1. Cycle day exercises (1 from each series)		2. 2-Hit & Run / 2-Slash		
		2. Crossover Symmetry work (activation -OR- activation+plyo)		3. 3-less than 2K (hit hard w/airplane flight, earn up to		
	Short hop GBs from B5 / 2-ball / bunt pepper	BOX 5		3 more with hard hits)		
		Throwing program protocol - follow as normal		4. 4-2K swings (widen up/close to plate, don't take K or		
	Visualization / Meditation (ask me how if curious!)			swing & miss, earn up to 2 plus count swings)		
				NOTE 1		
				Starting P & C = PFP + backups		

Pregame-ROAD			Tomahawk Hatchets Pregame Protocol			
1:05	Arrive, (leave bus w/full uniform ON)		Road games - start 55 min prior to 1st pitch			
	cleats on in dugout)					
:55	Warmup (B3)					
	Rundowns (B2)+(B1, choose 1-2)					
:43	Throwing Program (B4)	BOX 1		BOX 2		
:30	Bathroom / Water / etc.	<u>OPTIONS:</u>		OPTIONS:		
	Pregame swings (B6)	1. controlled jump (from 1B) + jump leads (from 2B)		1. circle drills		
:18	PREGAME INs & OUTs	2. leads vs. P (include blind DBRs)		2. box drills		
	P / C pregame bullpen (B5)	3. Blind leads + return to bases		3. rundowns		
:05	Final prep / bathroom / water / etc.	4. Mental prep (GYMR-visualilization-meditation-VERIFY WITH ME!)				
:00	GAMETIME -	BOX 3		BOX 4		
	DOMINATE THE PROCESS!	NON Pitchers:				
		1. Jaeger band series		<u>Throwing program protocol - follow as normal</u>		
		2. carioca + progressive sprint series				
		UPON COMPLETION - Arm circles (FULL SQUAD)				
BOX 6		PITCHERS:				
IF TUNNEL IS AVAILABLE:		1. <u>Cycle day exercises (1 from each series)</u>				
Less than 2Ks (hit hard + airplaine flight) / 2K swings		2. <u>Crossover Symmetry work</u>				
(closer to plate, widen stance, swing if close, at least foul!)		BOX 5		NOTE 1		
		<u>Pitcher & Catcher - follow pregame bullpen protocol (pg 12)</u>		Starting P & C = PFP + backups for 1st 5 min		
Vision Cards / tennis ball+glove tracking		Extras ahead of gametime		of Ins & Outs		
		-Short hop GBs from B5 / 2-ball / bunt pepper				
PERSONAL DRILL(s): See listing & choose 1-2		-Visualization / Meditation (ask me how if curious!)				
Using tees / soft whiffle balls if no tunnel available						

Post game - HOME			Tomahawk Hatchets Game Protocol	
:00	Handshake line		Post game	
:02	Pitcher postgame (B2)			
	Non-P postgame circuit (B3)			
	Field Care duties (B1)			
:15-:20	Equipment to coach's vehicle/warming room		BOX 1	BOX 2
	DEPART	IF YOU FINISHED THE GAME AT ____, complete:		PITCHER POST GAME CIRCUIT:
Post game - Away		1B - 3B - C:		Per 15 pitches thrown, progressive sprints
:00	Handshake line	(1B&3B) - mat drag baselines & around		(sprint for 3 sec count, walk for 10 sec)
:02	Pitcher postgame circuit (B2)	1B & 3B, remove 1B & 3B, then around plate		
	Non-P postgame circuit (B3)	(C) - rake ENTIRE plate area		Choose from TWO of the 3 options below:
	Personal / team gear pickup	All 3 (+bench players)- cover plate w/tarp		1. Sock throws (use heavy or light ball) 10-15 reps
:15	Team gear to bus	2B - SS:		2. Marshall series w/red club (10-15 reps
	/ Depart	Rake edges of entire IF & remove 2B		(reverse / walking / wrong-foot - CHOOSE 2)
				3. Crossover symmetry (recovery sequence)
		OFs+bench players:		- OR - Jaeger band (2 from single arm / 2 from dual arm)
		Bring out mound tarp & stakes		(follow crossover protocol -or- 12 reps for Jaeger)
		clean garbage / debris in BOTH dugouts		
BOX 3				
1. jog 1/2, sprint remaining distance to foul pole on our side		Starting P:		NO ONE LEAVES UNTIL:
2. 5 hindu pushups		Take following to mound:		1. All duties are completed
3. 10 arm raises (thumbs up, arms straight in front, raise SLOWLY up to TD signal position, then back down		Red tarp - gallon of water - broom - empty clay bag - bag with clay in it - small red-handle broom		2. All equipment (personal & team) is picked up
4. 6 pushups w/twist (3 to each side)				3. Post game circuits completed
5. jog 1/2, sprint remaining distance back to dugout				4. Team gear returned to designated location