Suburban Pride Pitching

Pitchers need to practice a minimum of **1hr x3** times a week. (This does not include team practices.)

Each pitcher will be required to turn this sheet in to their coach each week at practice.

Do NOT forget your pitching sheet - This is mandatory for all Pride pitchers!

Think big, believe big, act big, and the results will be big.

DATE	HOW LONG?	WHAT ARE YOU WORKING ON TODAY?	WHAT NEEDS MORE PRACTICE AND WHAT ARE YOU IMPROVING ON?	Parents Signature