

SLHS Baseball - "Around the Horn"

Week 0 - March 11-March 17: Pitchers & Catchers Only



Weather Forecast:

MON MAR 11		Partly Cloudy	39°/25°	10%	NW 12 mph	62%
TUE MAR 12		Partly Cloudy	40°/32°	10%	E 9 mph	67%
WED MAR 13		Showers	44°/36°	60%	SE 18 mph	79%
THU MAR 14		AM Rain/Snow Showers	43°/31°	30%	WSW 15 mph	78%
FRI MAR 15		Rain/Snow	40°/29°	40%	WNW 13 mph	72%

Around the Horn Key Code:

PR	WR	SH	G
Practice	Weight Room	Study Hall	Game

**Practice time are subject to change based on weather and gym availability.*

Pitchers & Catchers to Report

Week Overview:

Monday, March 11

- a. PR: 4:45-6:15 PM

Tuesday, March 12

- a. PR: 6:15-8:00 PM (V only - filming)

Wednesday, March 13

- a. PR: 3:15-4:45 PM
- b. Lenten Worship

Thursday, March 14

- a. PR: 4:45-6:15 PM
- b. ImPact Testing
 - i. 3:10 PM in SLHS Computer Lab
 - ii. Equipment Needed: Chromebook & Mouse
 - iii. Players Involved:
 1. **FROSH: Marquardt, Luehr, Barrette, Bedford, Kolakowski**
 2. **SOPHOMORES: None**

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3. **JUNIORS: Maize, Edmundson, Marquardt**
 4. **SENIORS: None**
- c. Parent Meeting
- i. 6-7 PM in SLHS Academic Commons

Friday, March 15

- a. PR: OFF

Sunday, March 17

- a. Worship at your home congregation

Monday, March 18

- a. PR: 9 AM-12 PM

Notes & News:

1. Pre-Season Registration, Concussion Profiles and Physicals
 - a. ImPact Testing for Concussion protocol is required for any players listed for it under Thursday's events.
 - b. Physicals are required by the WIAA in order for players to participate. Please be sure to have MD fill out appropriate form. Please speak with Coach Mielke if you have questions!
 - i. **Physicals Needed:**
 1. **FROSH: Bedford (FULL)**
 2. **SOPHOMORES: None**
 3. **JUNIORS: Marquardt (FULL)**
 4. **SENIORS: Marshall (ALT), Schimanski (ALT)**
2. Team Under Armour - Kollegetown
 - a. [UA Apparel Store](#)
 - i. Code: **SLHSBA19**
 - ii. Opening Date: Friday, 2/22/19
 - iii. Closing Date: Monday, 3/11/19
 - b. [KT Team Gear Package](#)
 - i. \$65
 - ii. Return Date: Friday, 3/8/19
 - c. Alternate Jerseys - \$35
3. 2019 Program Fundraiser
 - a. [e-Team Sponsor](#)
 - i. [Program Overview](#)
 - ii. [Participant Spreadsheet](#)

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4. Spring Break Practices will run from 9 AM-12 PM, Monday-Friday.
 - a. Please make necessary carpooling arrangements to get players to practice.
5. Exercise Bikes
 - a. Coach Mielke is looking for a few exercise bikes for use in the weight room especially with our pitchers. If you or someone you know has one in their basement that is no longer being used please consider donating it to the baseball program. Thanks!