

<b>2022 WSSL WISC Workouts</b>		
<b>Time of Day</b>	<b>Class Details</b>	<b>2 SME's</b>
	<b>Week A</b>	
<b>Monday</b>		
8:30 – 10:00	Existing Players General Practice	Mark, Andy
12:45 – 2:15	New Recruits General Practice	John A, Will
2:30 – 4:00	Hitting	Steve, Jamie
<b>Tuesday</b>		
8:30 – 10:00	Hitting	Mark, Ray
12:45 – 2:15	Infield - Middle Infielders	Jamie, Roy
2:30 – 4:00	Infield - 1st and 3rd Base	John S, Tony
<b>Wednesday</b>		
8:45 – 10:15	Outfield	Steve, Ken
10:30 – noon	Existing Players General Practice (*Scheduled Player Lunch)	Andy, Ken
12:45 – 2:15		
2:30 – 4:00	Pitching	Bud, Joe, Tom, Matt
<b>Thursday</b>		
8:30 – 10:00	Throw/Catch	Mark, Andy
12:45 – 2:15	Hitting	Steve, Ray
2:30 – 4:00	Existing Players General Practice	Will, Tony
<b>Friday</b>		
8:45 – 10:15	Base Running	John A, John S
10:30 – noon	Pitching	Bud, Joe, Tom, Matt
12:30 – 2:00		