

FREDERICK COMMUNITY COLLEGE COUGARS BASEBALL PRE-GAME ROUTINE

Staff:

Head Coach:	Rodney Bennett	23
Assistant. Coach:	Steve Insley	29
Pitching Coach:	Evan Evans	34
Assistant Coach:	Greg Rollins	10
Trainer:	Jason Weddle	

- * ½ hour break between games of a DH
- * Absolutely no soft toss into fences; please use the hitting area behind the 3rd base dugout
- * Please inform a member of the FCC Baseball staff if a player needs ice or medical attention
- * Please keep all equipment inside the dugout
- * Please use trash receptacles located in dugouts and seating areas

12:00 PM Game:

Home Team Batting Practice	10:00 AM	11:00 AM
Visiting Team Batting Practice	11:00 AM	11:30 AM
Visiting Team Infield/Outfield	11:30 AM	11:40 AM
Home Team Infield/Outfield	11:40 AM	11:50 AM
Field Preparation	11:50 AM	12:00 PM

1:00 PM Game:

Home Team Batting Practice	11:00 AM	12:00 PM
Visiting Team Batting Practice	12:00 PM	12:30 PM
Visiting Team Infield/Outfield	12:30 PM	12:40 PM
Home Team Infield/Outfield	12:40 PM	12:50 PM
Field Preparation	12:50 PM	1:00 PM

2:00 PM Game:

Home Team Batting Practice	12:00 PM	1:00 PM
Visiting Team Batting Practice	1:00 PM	1:30 PM
Visiting Team Infield/Outfield	1:30 PM	1:40 PM
Home Team Infield/Outfield	1:40 PM	1:50 PM
Field Preparation	1:50 PM	2:00 PM

3:00 PM Game:

Home Team Batting Practice	1:00 PM	2:00 PM
Visiting Team Batting Practice	2:00 PM	2:30 PM
Visiting Team Infield/Outfield	2:30 PM	2:40 PM
Home Team Infield/Outfield	2:40 PM	2:50 PM
Field Preparation	2:50 PM	3:00 PM

