

# T.W.I.T.W.B. NEWSLETTER



Volume 3, Issue 1

January 4, 2025



## INSIDE THIS ISSUE:

### Special points of interest:

- Boys basketball @ home 1/7 vs Glenn lets get out and show our support
- Girls Basketball @ home 1/10 vs Liberty Hill. This is a big game and our girls need to force a split with Liberty Hill. Lets get out and show our support!
- We are beginning the 4th six weeks. This is typically the six weeks where players struggle the most. Lets make sure we start it off right!



## SEASON FAST APPROACHING!

As the season is fast approaching I thought now would be a great time to start sending out our weekly newsletter. I will send these out on Sunday's before the start of the week. In the newsletter I will give recaps of the week that our teams have had and also a preview into what is to come. I will also include a weekly schedule that will include practice times, game dates, and locations. Make sure to always check the weekly schedule because it will be the most up to date schedule that I can send out if we have any changes that happen with games.

Another thing I keep getting questions on is what our tryout proce-

dure is going to look like on the 17th. During last block we will begin with a regular workout for the players that are in the period. After school we will transition to a more traditional tryout where we will get measurables on players from velocity across the infield, from the outfield, 60 times, and exit velocity when hitting. I am still trying to work out what the logistics will be as we are trying to accomplish this over at CPYL. I will keep everyone posted as soon as I know. We will continue our tryouts on Saturday. I am looking forward to the start of this season!

- Coach Huffman

## WEEKLY AGENDA

Our agenda this week is as follows this will be very weather dependent:

Mon 1/6:

No School

Tues 1/7 :

Ath: Long toss and Sprint work

Wed 1/8:

Ath: Long toss and Lift

Thurs 1/9 :

Ath: Long toss and Lift

Friday 1/10:

Ath: Long toss and Sprint work

Saturday 1/11:

OFF

## NEEDED EQUIPMENT

As many of you have already gathered since the start of baseball is here that means the cold weather is coming with it! Once we begin practicing we want to make sure that our players are able to move into the season and stay healthy. The players will need to make sure they dress warmly to help prevent injury. For practice all players will need to wear the following equipment:

- Hat (CP baseball if you have one, or at least black, green, or grey)
- Practice shirt (Green or Black)
- Practice pants (grey preferred)
- Belt
- Cleats (can be molds or spikes, once we get the turf install complete we will move to molds)
- Long Sleeves/Jacket or hoodie
- Glove