

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



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Special points of interest:

- We are rapidly approaching the end of the 4th six weeks on 2-14-25. Please keep pushing our Timberwolves to work hard in the classroom.
- Spirit wear store closes on Feb 7. Make sure to get any final orders in.



WHOLE PROGRAM SHOWS FIGHT IN FIRST SCRIMMAGE

As a coaching staff, we could not be more pleased with the things we saw from all levels of the program as we scrimmaged against Vandegrift this weekend. Each team came out and battled hard from start to finish.

We opened the day with the JV Silver team. We are highly encouraged by what we saw from the group. They looked dominant on the mound in every inning. At the plate, there were a ton of great at-bats put together by a multitude of players. As soon as the Silver team wrapped up their scrimmage, the JV Green team was on the field showcasing their talents at a high level. While the bats were a little cold at times, we were highly encouraged by the players' approaches at the plate. On the mound, we looked very strong and backed our pitchers up with some outstanding glove work.

Once the JV scrimmages were completed, our Varsity Timberwolves hit the field ready

to attack. We opened the scrimmage with a couple of runs off of some well-hit balls and great, aggressive baserunning. On the mound, our pitchers went out and competed, not backing down from a challenge. We caught a spark late in the scrimmage from a big 3 run homerun and some very timely, well-hit doubles. All in all, we are proud of the effort we saw from all of our players. We have some things to work on and improve this week as the weather is set to improve and allow us more time on the field.

With the short turnaround to our next scrimmage, we are going to keep our rosters the same as they were to limit any confusion about when everyone is playing.

-Coach Huffman

WEEKLY AGENDA

Our agenda this week:

Mon 2/3:

- 4:00 PM Var Practice @ CPYL
-5:00 PM JV Silver @ Round Rock
-7:15 PM JV Green @ Round Rock

Tues 2/4 :

- 4:00 PM JV Practice @ CPHS
-5:00 PM Var @ Round Rock

Wed 2/5:

- 4:00 PM ALL Practice @ CPHS

Thurs 2/6:

- 4:00 PM ALL Practice @ CPYL

Friday 2/7:

-4:00 PM JV Practice @ CPHS
-4:30 PM Var @ Cedar Ridge

Saturday 2/8:

-10:00 AM Var Workout @ CPHS
-11:00 AM JV Silver @ Cedar Ridge
-1:00 PM JV Green @ Cedar Ridge

INJURY PREVENTION

As we are starting to get into the more active part of our season, we need to make sure players are taking care of their bodies.

All players need to ensure they are dressing appropriately for practice. Anytime the outside temperature is below 65°F during practice, it is highly recommended that players wear long sleeves to keep their arms warm. Also, on cooler days, players need to take proper time to warm up and loosen their arms.

Outside of practice, players should make sure to stretch thoroughly, both their lower and upper bodies. Even though it has been cool outside, players still need to keep up with their water intake.

Additionally, if players have any bumps or bruises, they should make sure to visit the trainers for treatment before school.