

## Pre-Game Pitching Routine

4:55 6 Poles (Jog)/ 6 sprints  
Dynamic Warm up  
Throwing Progression Drills

5:25 Down time

5:45 Bands, Towels x 2 (Windup/Stretch)

6:00 Begin Bullpen Session (2 Sets/ 2 batters)

6:20 10minute down time in Dugout (**Home**)

6:30 1<sup>st</sup> Pitch (**Home**)  
10minute down time in Dugout (**Visitors**)

The logo features a stylized baseball bat and a baseball. The bat is positioned vertically with its handle at the bottom and head at the top. The baseball is positioned horizontally in front of the bat's head. The letters 'FCA' are prominently displayed across the center of the baseball. The entire logo is set against a background of a large, light-colored arc that resembles a baseball field's warning track.

FELLOWSHIP OF  
CHRISTIAN ATHLETES  
BASEBALL