

James Campbell High School  
91-980 North Road  
Ewa Beach, Hi.96706

January 14, 2020

To: Parent(s), and Guardian(s),  
From: Wayne Nagamine (coach)  
Subject: Information for varsity baseball conditioning and start date

Aloha, my name is Wayne Nagamine and I will be managing Campbell's 2019-2020 baseball program. **Beginning January 27 through February 7**, we will be starting our pre-season conditioning workouts. We expect all players to be in shape before attending these workouts (which includes cardio, physically, mentally and arm in throwing shape). We are full go from day one. All students must have proper medical coverage, updated physical, and athletic forms (consent and concussion) turned in and cleared by the trainers (trainer's office see Gisele or Alyssa) to participate in conditioning, tryouts, practice and team functions.

Here is the timeline for the conditioning days. **Players must bring their own water to drink.**

**January 27 – January 30**

2:25 – report to the field, change, set up  
2:35 start agilities and stretch  
2:50 conditioning on the baseball field  
4:00 dismissed

Monday 2/3 and Thursday 2/6

2:25 – report to the field change set up  
2:45 – 5:00 conditioning, throwing, and drills on the baseball field  
5:00 pitchers throw / clean up meeting  
5:45 report to weight room  
6:45 clean up  
7:00 dismissed

Tuesday 2/4 Wednesday 2/5 and Friday 2/7

2:25 – report to the field change set up

2:45 – 5:00 conditioning, throwing, and drills on the baseball field

5:00 pitchers throw / clean up meeting

6:00 dismissed

We highly recommend that all players attend our preseason conditioning program unless you are currently participating in another sport for our school (Campbell Sabers). We ask that you monitor your child's grades as HHSAA, OIA and our team rules require all athletes to have a 2.0 with no F's to participate in our season.

Official Varsity workouts starts on Monday, February 10, 2020. All interested players must attend workouts to try out for our team. Our first cuts will be made after practice, Wednesday February 12, and if needed a 2<sup>nd</sup> cut after the weekend. Upon making the team, we will be having baseball activities (practice and / or games) daily, with Sundays being a voluntary workout day. We may have games on Sunday during the pre-season. More tryout and practice information will be given out at a later date.

Players must wear shorts or sweat pants, t-shirts with sleeves, sox, running shoes, baseball hat and bring a jacket. We will let the players know when to bring their glove, baseball shoes, baseball pants and other baseball equipment that will be needed.

Please contact me if you have any questions or concerns at 808 551-7693 (sorry but I do not answer blocked calls). We will let your child know if there are any changes to the schedule. Thank you very much and your support is greatly appreciated.