**Skyview Pre-Start Pitching Routine**

1) 90 Minutes: Dynamic Warm-up with team

\*Relax & Hydrate

2) 50 Minutes: J-band work

\*Hydrate

3) 35 Minutes: 2 Poles, Play catch, Brief Flat Ground (12-15 pitches)

\*Hydrate

4) 20 Minutes: Bull Pen (Spins, Step-Downs, Wind-up & Stretch)

\*Hydrate

5) Game-Time

**Bullpen**

25-30 pitches max