

Name _____

Grade _____

Daily Maximum 90

Weekly Maximum (1st 3 weeks) 150

Weekly Maximum (4th week on) 150

Week	Day	Pitches	Eligible	Consecutive Days	Week Total	Pitches Remaining
1	Sunday	19-May				
	Monday	20-May	Yes			
	Tuesday	21-May	Yes			
	Wednesday	22-May	Yes			
	Thursday	23-May	Yes			
	Friday	24-May	Yes			
	Saturday	25-May	Yes		0	150
2	Sunday	26-May	Yes			
	Monday	27-May	Yes			
	Tuesday	28-May	Yes			
	Wednesday	29-May	Yes			
	Thursday	30-May	Yes			
	Friday	31-May	Yes			
	Saturday	1-Jun	Yes		0	150
3	Sunday	2-Jun	Yes			
	Monday	3-Jun	Yes			
	Tuesday	4-Jun	Yes			
	Wednesday	5-Jun	Yes			
	Thursday	6-Jun	Yes			
	Friday	7-Jun	Yes			
	Saturday	8-Jun	Yes		0	150
4	Sunday	9-Jun	Yes			
	Monday	10-Jun	Yes			
	Tuesday	11-Jun	Yes			
	Wednesday	12-Jun	Yes			
	Thursday	13-Jun	Yes			
	Friday	14-Jun	Yes			
	Saturday	15-Jun	Yes		0	150
5	Sunday	16-Jun	Yes			
	Monday	17-Jun	Yes			
	Tuesday	18-Jun	Yes			
	Wednesday	19-Jun	Yes			
	Thursday	20-Jun	Yes			
	Friday	21-Jun	Yes			
	Saturday	22-Jun	Yes		0	150
6	Sunday	23-Jun	Yes			
	Monday	24-Jun	Yes			
	Tuesday	25-Jun	Yes			

	Wednesday	26-Jun	Yes		
	Thursday	27-Jun	Yes		
	Friday	28-Jun	Yes		
	Saturday	29-Jun	Yes	0	150
7	Sunday	30-Jun	Yes		
	Monday	1-Jul	Yes		
	Tuesday	2-Jul	Yes		
	Wednesday	3-Jul	Yes		
	Thursday	4-Jul	Yes		
	Friday	5-Jul	Yes		
	Saturday	6-Jul	Yes	0	150
8	Sunday	7-Jul	Yes		
	Monday	8-Jul	Yes		
	Tuesday	9-Jul	Yes		
	Wednesday	10-Jul	Yes		
	Thursday	11-Jul	Yes		
	Friday	12-Jul	Yes		
	Saturday	13-Jul	Yes	0	150
9	Sunday	14-Jul	Yes		
	Monday	15-Jul	Yes		
	Tuesday	16-Jul	Yes		
	Wednesday	17-Jul	Yes		
	Thursday	18-Jul	Yes		
	Friday	19-Jul	Yes		
	Saturday	20-Jul	Yes	0	150
10	Sunday	21-Jul	Yes		
	Monday	22-Jul	Yes		
	Tuesday	23-Jul	Yes		
	Wednesday	24-Jul	Yes		
	Thursday	25-Jul	Yes		
	Friday	26-Jul	Yes		
	Saturday	27-Jul	Yes	0	150
11	Sunday	28-Jul	Yes		
	Monday	29-Jul	Yes		
	Tuesday	30-Jul	Yes		
	Wednesday	31-Jul	Yes		
	Thursday	1-Aug	Yes		
	Friday	2-Aug	Yes		
	Saturday	3-Aug	Yes	0	150