

YPS-FSA 29 Sep 2021 Wednesday (3-4pm)

Character Trait: Reliable: Consistently good in quality or performance. Able to be trusted. Dependable.
One example: A reliable second baseman can quickly stop a ground ball and accurately throw it to first base to get the runner out several times in a game.

Eric Older Students (JH-HS Students), some younger students

5 Min Warm-up/Stretch

Team Sport: Outside baseball

Back-up: Inside circuit training. Indoor games or basketball.

Dena Younger Students (K-6)

5 Min Warm-up/Stretch: Inside gym

Team Sport/Games: Outside kick-ball

Back-up: Inside fitness stations. Indoor games