

Name:

Date:

5 TOOL NAVIGATION



I know who I am / I know who i want to become / I know where I'm going / I know how to get there!

TDD ____/____/____

TOOL

CURRENT

I know who I am

GOAL

Short term goals

GOAL

Junior summer

DATE

Short term

DATE

Junior summer

1. RUN

60 dash

2. HIT

100 + AB's

BA /SO

3. FIELD

Shuttle 5.10.5

4. THROW

Velocity from position

5. HIT POWER

Exit speed • Batting tee

GRIP

VERTICAL

Quotes: 1.) The measure of a player is what they do with what they've been given. 2.) I've been training hard for this fight, I lassoed a gator, harpooned a whale, handcuffed lightning, and threw thunder in jail. 3.) The best way to predict your future is to create it one day at a time. 4.) If you can see it your can be it. 5.) IINBA

GPA: *Current* / *Goal*

College: *Reach* / *Realistic* / *Reserve*

Long Term: *Baseball* / *Life After*

Reason:

Thorn: 1.
2.
3.