

Team Name:

Season:

[illegible]

Max Pitches Per Day

Age 13-16 = 95

Age 11-12 = 85

Age 9-10 = 75

Age 7-8 = 50

Days Rest Required

$$66 + \quad = 4 \text{ calendar days}$$

$51 - 65 = 3$ calendar days

$$36 - 50 = 2 \text{ calendar days}$$
$$21 - 35 = 1 \text{ calendar day}$$
$$1 - 20 = 0 \text{ calendar days}$$