AMERICAN LEGION BASEBALL

NEW HAMPSHIRE

PITCHING LOG

Day and Date of Game: _____

Home Post Name: _____ **Signature of Home Post Coach:** _____

Opponent Post Name: _____ **Signature of Opponent Coach:** _____

PLAYERS NAME	INNING NUMBER	# OF PITCHES	RUNNING TOTAL FOR EACH PLAYER

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
15-16 (recommendation)	95	1-30	31-45	46-60	61-75	76+
ALB Junior Program	105	1-30	31-45	46-60	61-75	76+
ALB Senior Program	120	1-30	31-45	46-60	61-75	76+