



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

Pitch Counts And Days Rest Are The Same For Both The Junior and Senior Program

Daily max (pitches in game)	Required rest (pitches)				
	0 day	1 day	2 days	3 days	4 days
105	0-30	31-45	46-60	61-80	81+