# JUNIOR
## PITCH COUNT AFFIDAVIT

**MAX PITCHES PER DAY: 95**

| # OF PITCHES | CALENDAR DAYS OF REST |
|---|---|
| 71+ | 4 |
| 56-60 | 3 |
| 41-55 | 2 |
| 26-40 | 1 |
| 1-25 | 0 |

Pitch counts should be confirmed between innings. At the end of each game, your team's pitchers and their total pitch count should be recorded here. Each coach should sign/initial each other's sheet.

| DATE | PITCHER / AGE | # OF PITCHES | OPPONENT | COACH | COACH |
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