



Titans Training Program
"Follow the Leader at Jordan Baseball"

PLAYER	ACADEMY	PULLUPS	RADAR GUN	SITUPS	PUSHUPS	CHINUPS	SIDE TO SIDE	FRONT TO BACK	10 MIN. RUN
Félix Larose		9		27	20	10	48	40	Inj.
Tyler Roy		10	68-75	28	35	15	47	37	111
Jacob Nutt		8	Injured	34	34	20	50	40	109
Cédric Bertrand		9		30	38	20	52	40	117
Cédrik Séguin		9		36	33	17	53	41	120
Jonathan Cox		4		38	30	6	43	36	92
Arnold O'hanian		0	48-50	37	23	0	27	23	64
Morgan Urquhart		9	63-73	39	40	20	39	47	115
Tyler Spencer		0		23	24	2	36	33	80
William Bajor		0	46-49	19	17	0	20	20	88
Mathias Vigneault		4	47-49	23	30	8	32	31	90
Jacob Lapointe		10	71-77	38	41	20	48	40	115
Douglas Danovitch		3	50-53	33	25	6	47	36	112
Daniel W-U		0		20	12	0	31	34	69
Connor Wood		1		47	30	6	37	32	98
Will Chandler		1	40-43	22	14	0	31	28	98
Kabir Kohl		0		22	20	1	24	24	63
Joseph Morris		0	40-42	13	22	3	28	27	91
Jasmin Morris		10		32	42	17	48	36	111
Nathan Francis-Eatmon			77-84	27	28		44	31	78
Michaël Bates			56-61	25	20		41	34	40
Sinead Saxton Chapdelaine			56-61	24	17		36	30	96
Eli Shiller			67-72	28	46		51	39	116
Nathan Alcancia			60-68						