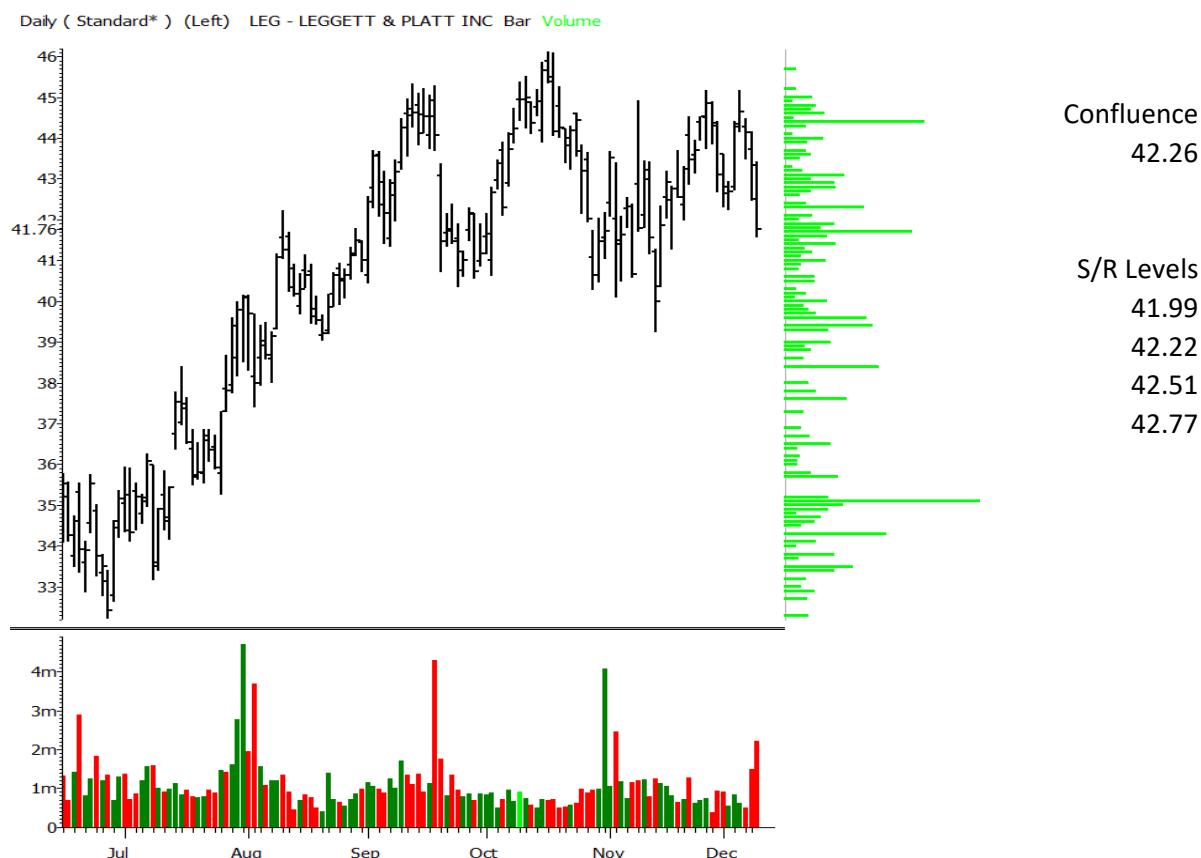


Around The Horn Plan

Thursday, December 10, 2020

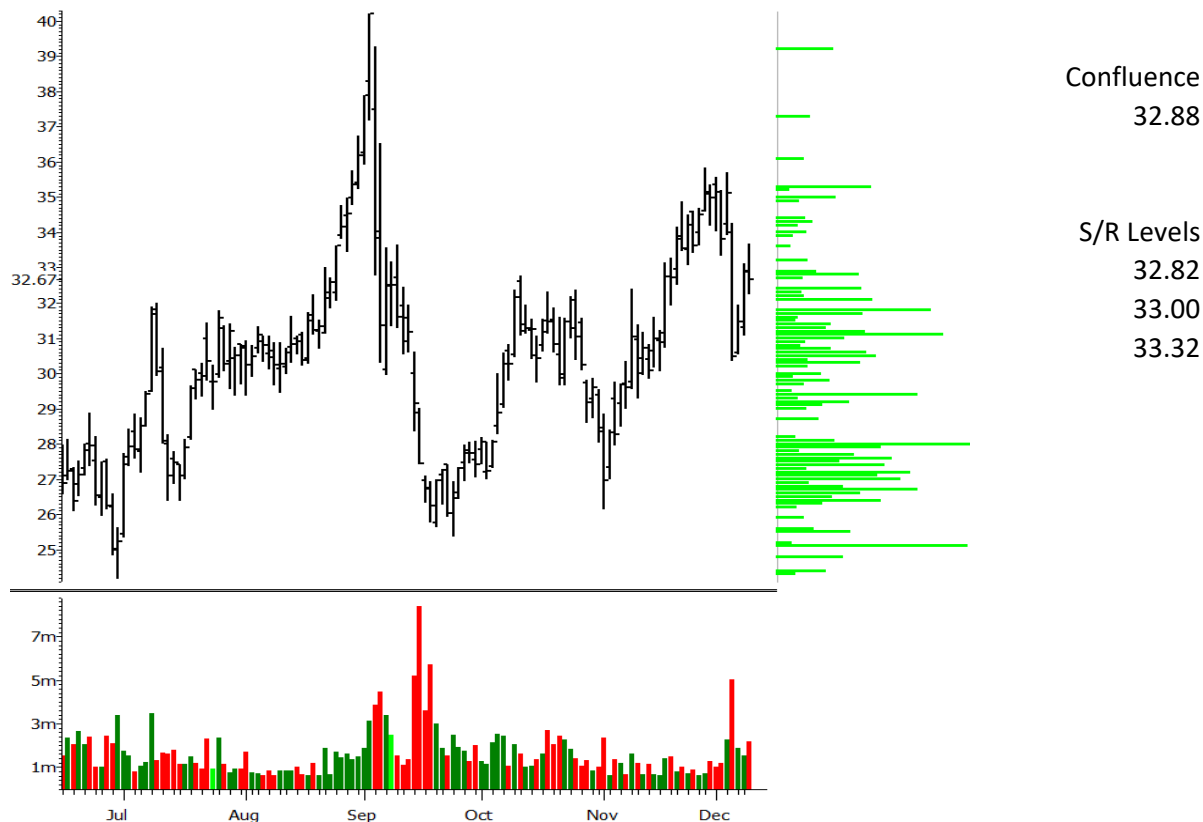


Symbol	LEG	Sector Symbol	\$IXY.X
Description	LEGGETT & PLATT INC		
Pattern	Fast Ball	Consumer Discretionary	
Position	Short	Resistance 2	44.11
Entry	41.48	Resistance 1	42.93
Stop	42.04	Pivot	42.26
Initial Target	40.77	Support 1	41.08
Ratio	1.27	Support 2	40.41
50% To Target	41.13		

Around The Horn Plan

Thursday, December 10, 2020

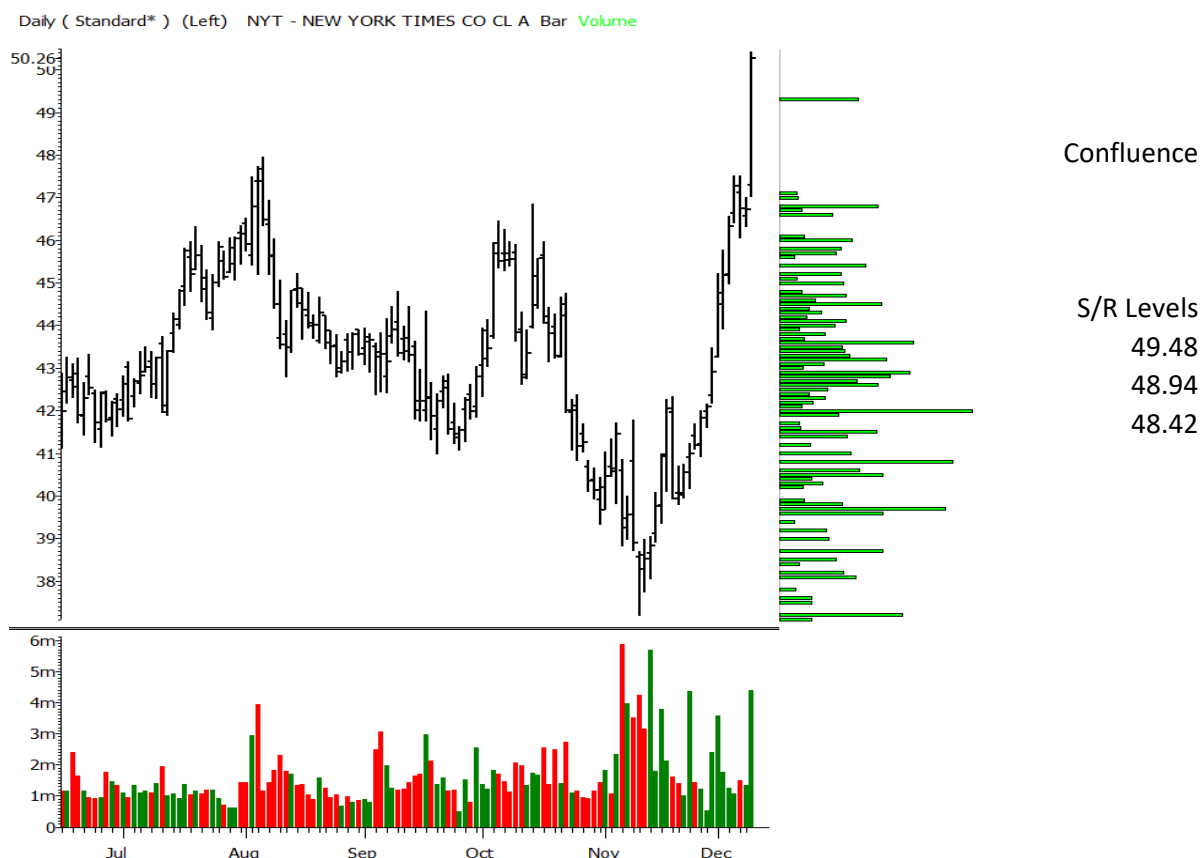
Daily (Standard*) (Left) MDLA - MEDALLIA INC Bar Volume



Symbol	MDLA	Sector Symbol	\$XIT.X
Description	MEDALLIA INC		
Pattern	3-2 Pitch	Information Technology	
Position	Short	Resistance 2	34.30
Entry	32.17	Resistance 1	33.48
Stop	32.58	Pivot	32.88
Initial Target	31.54	Support 1	32.06
Ratio	1.54	Support 2	31.46
50% To Target	31.86		

Around The Horn Plan

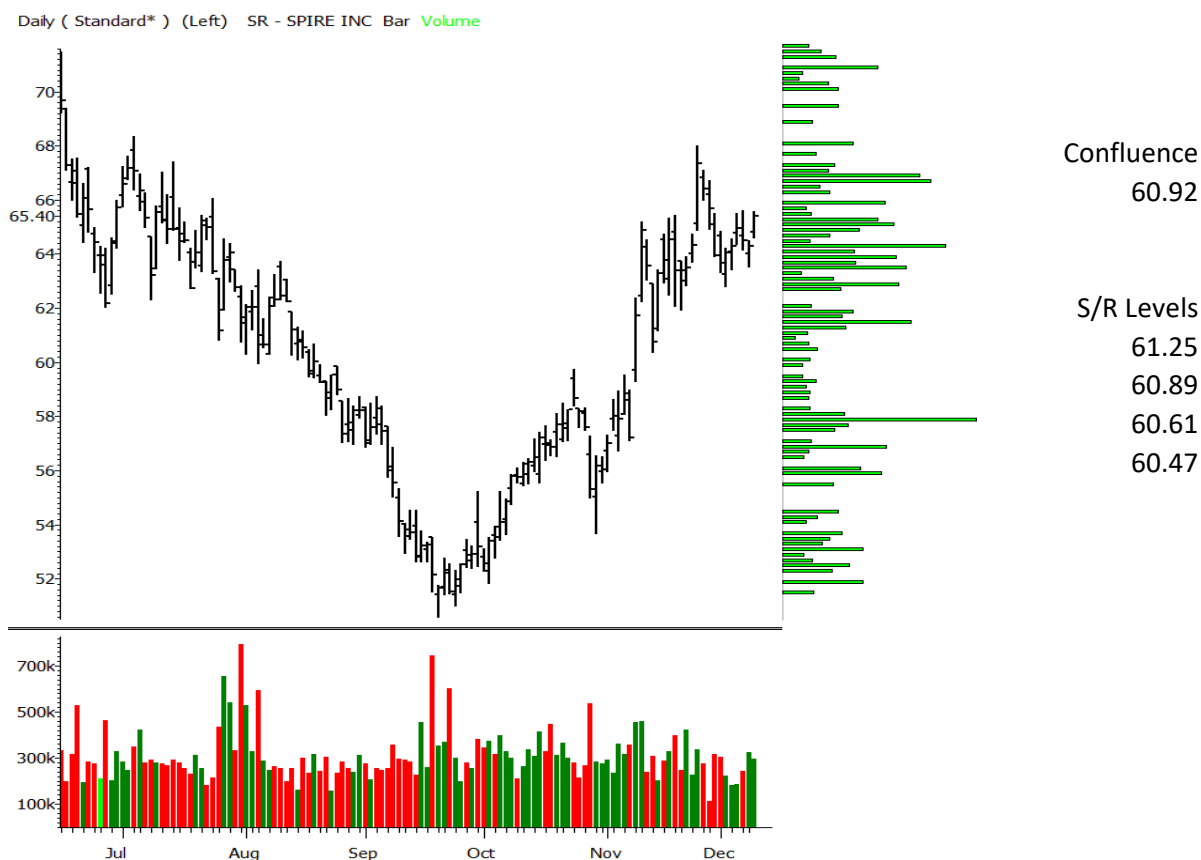
Thursday, December 10, 2020



Symbol	NYT	Sector Symbol	\$XTC.X
Description	NEW YORK TIMES CO CL A		
Pattern	Line Drive	Communication Services	
Position	Long	Resistance 2	52.63
Entry	50.52	Resistance 1	51.45
Stop	50.03	Pivot	49.23
Initial Target	51.17	Support 1	48.05
Ratio	1.33	Support 2	45.83
50% To Target	50.85		

Around The Horn Plan

Thursday, December 10, 2020

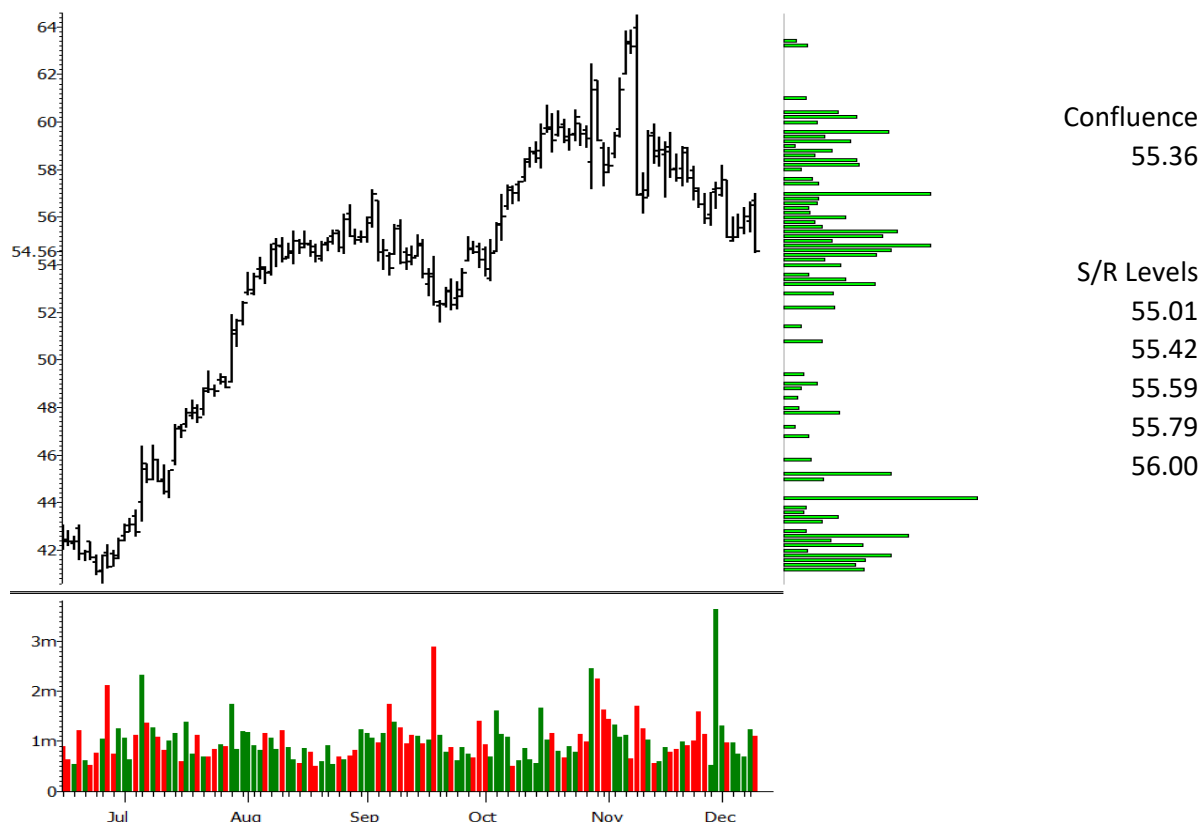


Symbol	QSR	Sector Symbol	\$IXY.X
Description	RESTAURANT BRANDS INTL INC		
Pattern	Fast Ball	Consumer Discretionary	
Position	Long	Resistance 2	62.52
Entry	61.62	Resistance 1	61.92
Stop	61.33	Pivot	60.92
Initial Target	62.44	Support 1	60.32
Ratio	2.83	Support 2	59.32
50% To Target	62.03		

Around The Horn Plan

Thursday, December 10, 2020

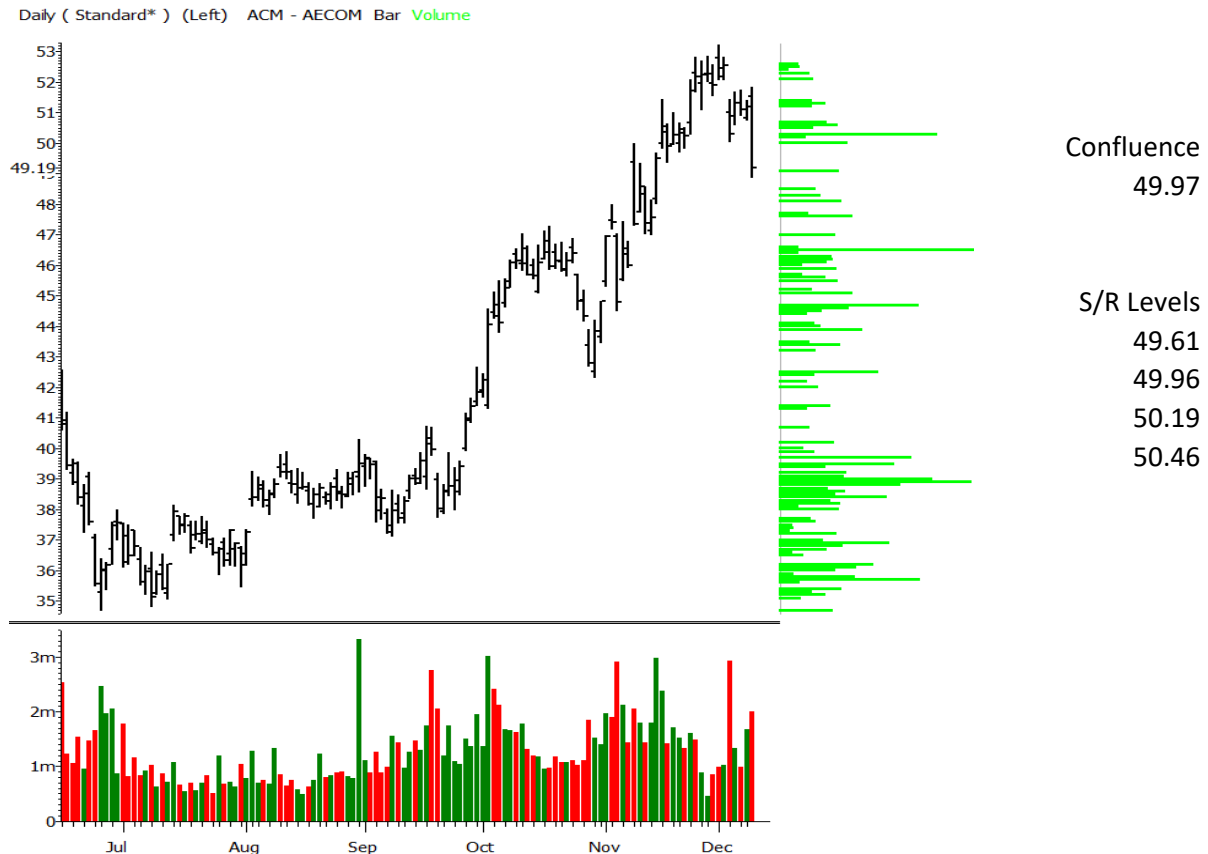
Daily (Standard*) (Left) ROL - ROLLINS INC Bar Volume



Symbol	ROL	Sector Symbol	\$DJI
Description	ROLLINS INC		
Pattern	Fast Ball	Industrials	
Position	Short	Resistance 2	57.88
Entry	54.40	Resistance 1	56.22
Stop	54.82	Pivot	55.36
Initial Target	53.72	Support 1	53.70
Ratio	1.62	Support 2	52.84
50% To Target	54.06		

Stocks To Watch

Thursday, December 10, 2020



Symbol	ACM	Sector Symbol	\$DJI
Description	AECOM		
Pattern	Fast Ball	Construction & Engineering	
Position	Short	Resistance 2	52.94
Entry	48.78	Resistance 1	51.07
Stop	49.30	Pivot	49.97
Initial Target	48.00	Support 1	48.10
		Support 2	47.00
50% To Target	48.39		

Stocks To Watch

Thursday, December 10, 2020

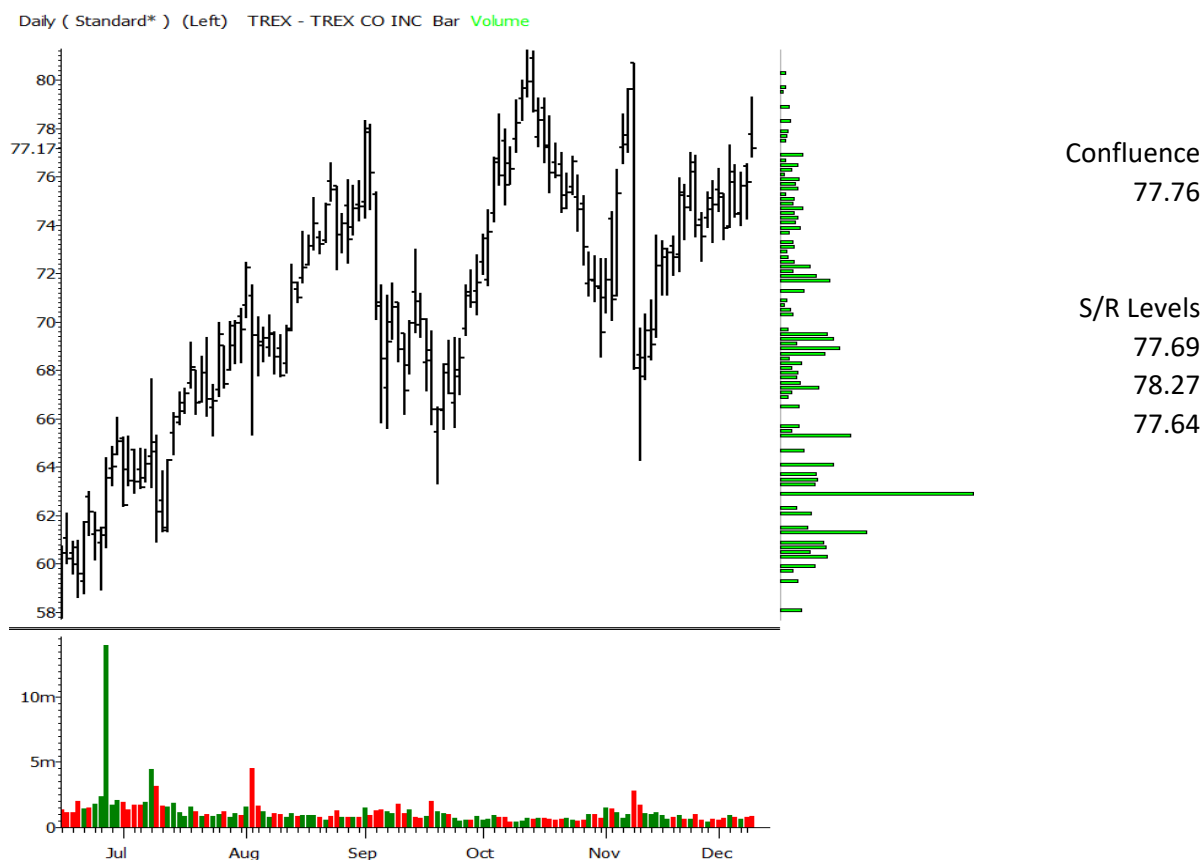
Daily (Standard*) (Left) OMI - OWENS & MINOR INC NEW Bar Volume



Symbol	OMI	Sector Symbol	\$IXV.X
Description	OWENS & MINOR INC NEW		
Pattern	Fast Ball	Health Care	
Position	Long	Resistance 2	31.43
Entry	29.16	Resistance 1	30.00
Stop	28.74	Pivot	27.64
Initial Target	29.79	Support 1	26.21
		Support 2	23.85
50% To Target	29.48		

Stocks To Watch

Thursday, December 10, 2020

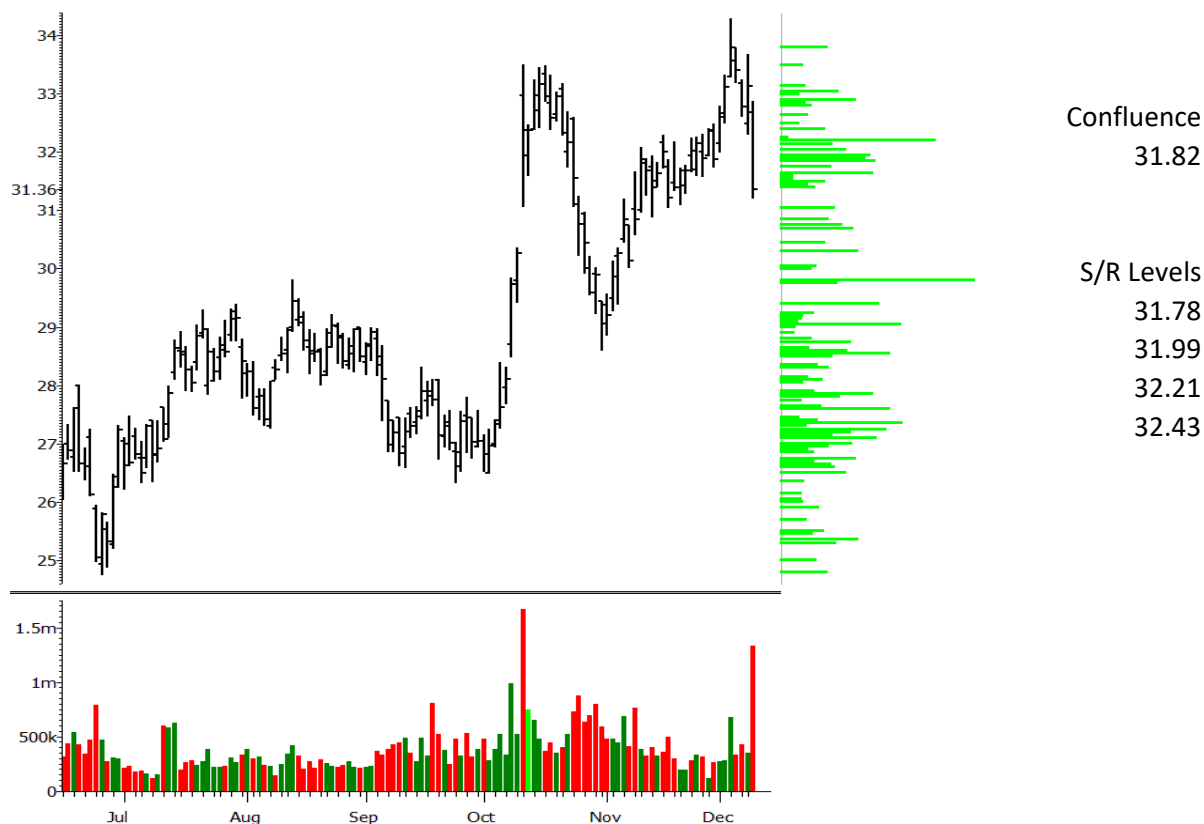


Symbol	TREX	Sector Symbol	\$IXB.X
Description	TREX CO INC		
Pattern	Infield Fly	Building Products	
Position	Short	Resistance 2	80.26
Entry	76.70	Resistance 1	78.71
Stop	77.32	Pivot	77.76
Initial Target	75.77	Support 1	76.21
		Support 2	75.26
50% To Target	76.24		

On the Radar

Thursday, December 10, 2020

Daily (Standard*) (Left) AB - ALLIANCEBERNSTEIN HLDG L P UNIT LTD PARTN Bar . . .



Symbol	AB	Sector Symbol	\$BANKX
Description	ALLIANCEBERNSTEIN HLDG L P UNIT LTD PARTN		
Pattern	Fast Ball	Diversified Financials	
Position	Short	Resistance 2	33.47
Entry	31.12	Resistance 1	32.41
Stop	SCALP	Pivot	31.82
Initial Target	30.87	Support 1	30.76
		Support 2	30.17
50% To Target	31.00		

Trade Date

10-Dec-20

Thursday

Around The Horn

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
LEG	Fast Ball	41.48	Short	42.04	41.13	40.77	\$IXY.X
MDLA	3-2 Pitch	32.17	Short	32.58	31.86	31.54	\$XIT.X
NYT	Line Drive	50.52	Long	50.03	50.85	51.17	\$XTC.X
QSR	Fast Ball	61.62	Long	61.33	62.03	62.44	\$IXY.X
ROL	Fast Ball	54.40	Short	54.82	54.06	53.72	\$DJI

Stocks To Watch

Symbol	Setup	Entry	Direction	Max Stop	50%	Target	Sector Symbol
ACM	Fast Ball	48.78	Short	49.30	48.39	48.00	\$DJI
OMI	Fast Ball	29.16	Long	28.74	29.48	29.79	\$IXV.X
TREX	Infield Fly	76.70	Short	77.32	76.24	75.77	\$IXB.X

Radar

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
AB	Fast Ball	31.12	Short	SCALP	31.00	30.87	\$BANKX

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Trade Date

10-Dec-20

Thursday

Around The Horn

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
LEG	Fast Ball	41.48	Short	42.04	41.125	40.770	\$IXY.X
MDLA	3-2 Pitch	32.17	Short	32.58	31.855	31.540	\$XIT.X
NYT	Line Drive	50.52	Long	50.03	50.845	51.170	\$XTC.X
QSR	Fast Ball	61.62	Long	61.33	62.03	62.440	\$IXY.X
ROL	Fast Ball	54.40	Short	54.82	54.06	53.720	\$DJI

Stocks To Watch

Symbol	Setup	Entry	Direction	Max Stop	50%	Target	Sector Symbol
ACM	Fast Ball	48.78	Short	49.30	48.39	48	\$DJI
OMI	Fast Ball	29.16	Long	28.74	29.475	29.79	\$IXV.X
TREX	Infield Fly	76.7	Short	77.32	76.235	75.77	\$IXB.X

Stocks And Sectors On The Radar

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
AB	Fast Ball	31.12	Short	SCALP	30.995	30.87	\$BANKX

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Thursday

Around The Horn

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
LEG	Fast Ball	41.48	Short	42.04	41.125	40.770	\$IXY.X
MDLA	3-2 Pitch	32.17	Short	32.58	31.855	31.540	\$XIT.X
NYT	Line Drive	50.52	Long	50.03	50.845	51.170	\$XTC.X
QSR	Fast Ball	61.62	Long	61.33	62.03	62.440	\$IXY.X
ROL	Fast Ball	54.40	Short	54.82	54.06	53.720	\$DJI

Stocks To Watch

Symbol	Setup	Entry	Direction	Max Stop	50%	Target	Sector Symbol
ACM	Fast Ball	48.78	Short	49.30	48.39	48	\$DJI
OMI	Fast Ball	29.16	Long	28.74	29.475	29.79	\$IXV.X
TREX	Infield Fly	76.7	Short	77.32	76.235	75.77	\$IXB.X

Stocks And Sectors On The Radar

Symbol	Setup	Entry	Direction	Stop	50%	Target	Sector Symbol
AB	Fast Ball	31.12	Short	SCALP	30.995	30.87	\$BANKX

Fast Ball XI

Trade #	Symbol		Support 2	Support 1	P	R1	R2	Target
1	AGIO	Short	31.04	32.42	34.96	36.34	38.88	1.16
2	BMRN	Short	73.91333	75.0367	77.0733	78.197	80.233	0.9133
3	CONE	Short	63.11	64.38	66.82	68.09	70.53	1.17
4	CYTK	Long	15.12333	17.7967	19.4833	22.157	23.843	0.9867

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THE RULES

Just as the Around the Horn trading plan developed for our personal use, our rules evolved to maximize our trading profits, minimize risk and still allow the trades room to breathe. When we compute the monthly results, we use these rules to calculate the plan's efficacy. Individual trade results may exceed or fall short of the monthly results (for example, more or less favorable fills or missing a trade), but **these rules allow comparison of results over time and a measure for one's trading using pre-established criteria**. While these guidelines will always have an exception to the rule (e.g., stopping out of a trade that later becomes profitable) over time, they serve us well more often than not.

What sets our style apart from most other day trading approaches is **our trades are completely planned the night before**. We use this edge to set up the trades each evening, so we are prepared to automate and/or manually trade them when the market opens. We have a chart displayed for each setup and use our software tools to place horizontal lines on the chart for the entry, stop, 50% to target, and initial profit target levels. We understand the different orders and automation available in our trading software and use a combination of these to execute the trading plans.

Around the Horn

Entries:

1. The entry price must print at, or after, the market opens, 9:30 am EST. No pre-market data.
2. The price must be moving in the direction we plan to enter the trade to trigger an entry. For buying or "long" trades, the price should be rising from below toward the entry price; for selling short or "short" trades, the price should be falling from above toward the entry price.
3. If the price approaches the entry in the opposite direction, (from above for the longs and from below for the short trades) we wait for the price to go past our entry price at least 8 cents before considering entering the trade if it turns back in our direction.
4. For gaps and allowable slippage, profit target is the key. Entry slippage should not be more than 25% of the total amount we expect to gain and should never be more than 20 cents total. Thus, if our profit target is a 40-cent gain, then we allow for ten cents of slippage. If the profit target is over a dollar, then 20 cents of slippage is reasonable.
5. No new entries after 3:20 EST (40 minutes to close).
6. We will re-enter a trade for a second time if it pulls back at least 8 cents beyond the entry price before turning around to trigger an entry.

Trade Management: Once we enter a trade we use several criteria to minimize losses, protect profits, and allow room for volatility. During the trading day, I like to think of these as hurdles, moving from one to the next as the trade progresses.

- **Optional Hurdle 1 - Ten-Cent Scratch:** After triggering an entry price, if the trade moves ten against us BEFORE moving ten-cents in our favor, we exit the trade with a ten cent scratch stop and look for another entry opportunity. After two ten-cent scratch losses, the entry price moves to one cent beyond the day's high (for longs) or low (for shorts).

NOTE: *This strategy has protected us against what I call getting "tagged-in" only to head straight to the stop-loss. To execute this strategy the trader needs to be comfortable re-entering if the trade comes back to the entry. Another entry here does not count as a "second" entry. Alternatively, it is completely acceptable to use the stop-loss level from the plan instead of implementing this strategy.*

- **Hurdle 2 - 50% to Target:** If the trade moves to the 50% to initial target level, the Stop Loss moves to a Breakeven Stop level at the stated entry price, NOT our fill price.
- **Hurdle 3 - Ten Cents to Target:** Once the trade ticks within ten cents to the stated Initial Profit Target, we move the Breakeven Stop to a Profit Stop at the 50% to Initial Profit Target level.
- **Hurdle 4 – Initial Profit Target:** At the Initial Profit Target, exit the trade with a profit.

NOTE: *Our Around the Horn Trading Plan results are calculated at the initial profit target as determined the night before and listed on the trading plan. **This is unique in the industry as most trading systems do not provide a profit target and report results at the "MFE" or maximum favorable excursion.** We don't believe that is a replicable way to represent results, as it leaves no guidance for exiting the trade. We also employ advanced methods for pulling more opportunity from these trades that is not captured with these results but taught in our Income Trading Academy.*

ADDITIONAL TRADE IDEAS

The next two sections of the trading plan represent well mapped-out trade ideas. These are candidates with strong profit potential for the trading session but do not have solid areas of support/resistance for setting a stop-loss from the prior session. As Adrian narrows down the list of potential trades each evening, rather than reject those strong candidates, he places them in a different section with slightly different trade protocols.

Note: The results of these two sections are NOT part of the plan results.

Stocks to Watch

The *Stocks to Watch* section of our trading plan has candidates that are strong setups with a “Max Stop” listed with a Reward/Risk Ratio of at least 1.5 to 1.0.

Entries:

To be qualified, the market and sector should be moving in the same direction we intend to enter the trade. The market should not be stalling at likely inflection areas. The entry criteria are the same as the *Around the Horn* entries.

Trade Management: Once we enter a setup, there are fewer trade hurdles to manage and a greater number of discretionary options.

1. This trade uses the ten-cent scratch rule, and we look for these to go in our favor quickly and trade in the same direction as their sectors.
2. Initially, we use the “Max Stop” as a stop loss, then move to a more logical stop loss as soon as one is identified intraday.
3. There are two main approaches for managing the *Stocks to Watch* setups:
 - a. Trade the setups using the *Around the Horn* rules OR
 - b. Use the logical stop loss and the profit target as exits during the day, and exit end of day if neither of those prices triggered.
4. At the Initial Profit Target there are two options:
 - a. Exit the trade with a profit OR
 - b. Pull the stop up under this level and use a trailing stop, either manually or with our automation software.

Stocks & Sectors on the Radar

The *Stocks & Sectors on the Radar* section has both a planned and a discretionary component, and certain criteria must align for these to become actionable trades.

Note: This setup is an advanced trade and best executed after having completed The Income Trading Academy.

Entries:

- The market and sector MUST confirm the direction of the trade before a *Stocks & Sectors on the Radar* candidate triggers.
- The market or sector should NOT be nearing or stalling at likely inflection points.
- If the market, sector and the stock are all traveling in the same direction and approaching the entry level in the direction we are looking to enter the trade (from above for shorts, from below for longs), then we consider the trade.

Trade Management.

1. This setup always requires the ten cent scratch rule. We want this setup to go quickly in our favor and trade in the same direction as its correlated sector.
2. The default stop is ten to 20 cents.
3. Exit is at the stated initial profit target or if we determine a more appropriate target based on today's activity. This is a fast trade and once the trade is more than ten cents in our favor, we do not hesitate to exit the trade based on shifts in the market or sector.

GOOD TRADING!

The above rules are for trading these setups daily. Advanced techniques for selecting stocks and maximizing opportunity are available in detail through our educational program ***The Income Trading Academy (ITA)***, and includes a year-long coaching program. Our programs underscore how important it is to understand how a system trades and how vital it is to have trading rules suit an individual's psychology.

If we have questions, don't hesitate to contact me: Julie@Traderinsight.com

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