



7:30am PLAYERS CHECK-IN

	PITCHERS	CATCHERS	INFIELDERS	OUTFIELDERS
7:45am		Break	Break	Warm-up for 60
8:00am		Break	Warm-up for 60	Run 60
8:15am	Warm-up for 60 (optional)	Warm-up for 60	Run 60	Break
8:30am	Run 60 (optional)	Run 60	4-Fungo Warm-up	Warm-up Arms
8:45am	RF throws to 3B/Home (optional)	Break	Warm-up Arms	RF throws to 3B/HOME
9:15am	SS throws to 1B (optional)	Warm-up Arms	SS throws to 1B	Break
9:45am	Lecture	C throws to 2B/3B	Break	Break

10:00am All PLAYERS: Meet with your district team and coaches to discuss BP Schedule
FIELD CREW: Set-up field for BP - On-Field BP starts at 10:20am

	SOUTH	EAST CENTRAL	NORTHWEST	NORTHEAST	WEST CENTRAL	NORTH
10:00am	Break	Team Picture on concourse	Break	Break	Hit in cages: Home locker rm.	Break
10:20am	Team picture on concourse	Break	INF/OF Reads off the bat	Hit in cages: Home locker rm.	Hit on field (1 round of 10)	Break
10:40am	Break	INF/OF Reads off the bat	Hit in cages: Home locker rm.	Hit on field (1 round of 10)	Break	Team picture on concourse
11:00am	INF/OF Reads off the bat	Hit in cages: Home locker rm.	Hit on field (1 round of 10)	Break	Team Picture on concourse	Break
11:20am	Hit in cages: Home locker rm.	Hit on field (1 round of 10)	Break	Team Picture on concourse	Break	INF/OF Reads off the bat
11:40am	Hit on field (1 round of 10)	Break	Team Picture on concourse	Break	INF/OF Reads off the bat	Hit in cages: Home locker rm.
12:00pm	Break	Break	Break	INF/OF Reads off the bat	Break	Hit on field (1 round of 10)

12:20pm COLLEGE COACHES and SCOUTS: THERE WILL BE A CATERED MEAL IN THE VISITOR LOCKER ROOM AT THIS TIME
FIELD CREW: Prepare the field for Game #1

SHOWCASE GAMES (6 inning games w/ pitcher showcase): Pitchers get 12 showcase pitches on the mound before they throw 1 inning in the game
 (Home team will be in the 3rd base dugout)

- 12:45pm** Game #1 - SOUTH (1st base dugout) vs. EAST CENTRAL (3rd base dugout)
- 3:15pm** Game #2- WEST CENTRAL (1st base dugout) vs. NORTHEAST (3rd base dugout)
- 5:45pm** Game #3 - NORTH (1st base dugout) vs. NORTHWEST (3rd base dugout)