



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	OF (optional)	Catching Instruction	Warm-up Arms	RF throws to 3B/HOME
9:15am	INF (optional)	Warm-up Arms	SS throws to 1B	Outfield Instruction
9:45am	Pitching Instruction	C throws to 2B/3B	Infield Instruction	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

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

12:20pm 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 in the game

12:45pm Game #1 - NORTHEAST (1st base dugout) vs. NORTHWEST (3rd base dugout)

3:15pm Game #2- CENTRAL (1st base dugout) vs. EAST (3rd base dugout)

5:45pm Game #3 - SOUTH (1st base dugout) vs. WEST (3rd base dugout)