



BASEBALL FACTORY SPRING TRAINING IN ARIZONA
 January 15 - 18, 2016 | Gene Autry Sports Complex
PLAYER ITINERARY

Friday, January 15	
6p - 8p	Registration/check-in Dinner available for players (Marriott Mesa)
8:30p	Welcome Meeting for all Players and Parents (Marriott Mesa)
10p	CURFEW (IN YOUR OWN ROOM)

Saturday, January 16				
6:30a	Breakfast opens			
8:30a	Buses depart Marriott Mesa for Gene Autry (Players in FULL uniform)			
9a	ALL Teams - Hitting Presentation (JJ & Riggs) - FLD 3			
9:30a	ALL Teams stretch & 60 Yard Dash - FLD 3			
10a	Individual Defense (C, OF, INF, & P) - FLD 2/3			
	CAGES 1/2	AUTRY 3	AUTRY 2-INF	AUTRY 2-OF
10:30a	Angels-Cages 1/2	Athletics-Def Reps/Velo	Rays-Baserunning	Royals-Speed/Agility
11a	Royals-Cages 1/2	Angels-Def Reps/Velo	Athletics-Baserunning	Rays-Speed/Agility
11:30a	Rays-Cages 1/2	Royals-Def Reps/Velo	Angels-Baserunning	Athletics-Speed/Agility
12p	Athletics-Cages 1/3	Rays-Def Reps/Velo	Royals-Baserunning	Angels-Speed/Agility
12:30p	Lunch			
1p	Brief Stretch & Throw - FLD 3			
	CAGES 1/2 (T/TOSS)	CAGES 3/4 (BUNT)	AUTRY 3 - LIVE BP/Bases	AUTRY 3-SHAG
1:20p	Angels-Cages 1/2	Athletics-Cages 3/4	Rays-Live BP/Bases	Royals-SHAG
1:50p	Royals-Cages 1/2	Angels-Cages 3/4	Athletics-Live BP/Bases	Rays-SHAG
2:20p	Rays-Cages 1/2	Royals-Cages 3/4	Angels-Live BP/Bases	Athletics-SHAG
2:50p	Athletics-Cages 1/2	Rays-Cages 3/4	Royals-Live BP/Bases	Angels-SHAG
3:30p	Angels v. Athletics (6inn)		Rays v. Royals (6inn)	
6:30p	Dinner - for players and staff (Marriott Mesa)			
7:30p	Hitting & Pitching PowerPoint - Players Mandatory and parents welcome			
10p	CURFEW (IN YOUR OWN ROOM)			

Sunday, January 17				
6:30a	Breakfast opens (Players can pick up laundered uniform)			
8:30a	Buses depart Marriott Mesa for Gene Autry (Players in FULL uniform)			
9a	ALL Teams stretch- AUTRY 3			
9:20a	Individual defense (OF, C, INF, and P)			
	CAGES 1/2	AUTRY 3	AUTRY 2-INF	AUTRY 2-OF
10:30a	Angels-Cages 1/2	Athletics-Mass Fungo	Rays-Team Fund	Royals-Speed/Agility
11a	Royals-Cages 1/2	Angels-Mass Fungo	Athletics-Team Fund	Rays-Speed/Agility
11:30a	Rays-Cages 1/2	Royals-Mass Fungo	Angels-Team Fund	Athletics-Speed/Agility
12p	Athletics-Cages 1/3	Rays-Mass Fungo	Royals-Team Fund	Angels-Speed/Agility
12:30p	Lunch			
1p	Brief Stretch & Throw - FLD 3			
	CAGES 1/2 (T/TOSS)	CAGES 3/4 (BUNT)	AUTRY 3 - LIVE BP/Bases	AUTRY 3-SHAG
1:20p	Angels-Cages 1/2	Athletics-Cages 3/4	Rays-Live BP/Bases	Royals-SHAG
1:50p	Royals-Cages 1/2	Angels-Cages 3/4	Athletics-Live BP/Bases	Rays-SHAG
2:20p	Rays-Cages 1/2	Royals-Cages 3/4	Angels-Live BP/Bases	Athletics-SHAG
2:50p	Athletics-Cages 1/2	Rays-Cages 3/4	Royals-Live BP/Bases	Angels-SHAG
3:30p	Athletics v. Rays (6inn)		Angels v. Royals (6inn)	
6:30p	Dinner - for players and staff			
7:30p	Recruiting Seminar & Life Skills Presentation - Players Mandatory and parents welcome			
10p	CURFEW (IN YOUR OWN ROOM)			

Monday, January 18				
6:30a	Breakfast opens (Players can pick up laundered uniform)			
8:30a	Buses depart Marriott Mesa for Gene Autry (Players in FULL uniform)			
9a	ALL Teams stretch- AUTRY 3			
9:30p	Rays v. Angels (6inn)		Royals v. Athletics (6inn)	
12p	Closing Comments and lunch - **Parents will have the option to pick their son up at the field or back at the hotel**			
2p	Bus departs for Phoenix Sky Harbor Airport (for players traveling alone)			