

## Wednesday, December 27

12:00 - 2:00pm	Players Arrive and Check-in begins	Jackie Robinson Room
3:30pm	ALL PLAYERS REPORT TO FIELD 3	Field 3
3:35pm	Staff Introductions	Field 3
3:45pm	Stretch	Field 3
4:00pm	Throwing Program	Field 3
4:30pm	Athletic Testing Rotations	Field 3

Time	Arm Velocity	Grip Strength	Broad Jump	5-10-5s
4:30pm	Dodgers/Astros	Cardinals/Tigers	Pirates/Orioles	Giants/A's
4:40pm	Giants/A's	Dodgers/Astros	Cardinals/Tigers	Pirates/Orioles
4:50pm	Pirates/Orioles	Giants/A's	Dodgers/Astros	Cardinals/Tigers
5:00pm	Cardinals/Tigers	Pirates/Orioles	Giants/A's	Dodgers/Astros

5:15pm	Roster Review with Managers in Clubhouse	Clubhouse
5:25pm	Laundry Demonstration	Clubhouse
6:15pm	Dinner	Cafeteria
7:30pm	American League Teams Cages National League Teams and Parents Welcome Meeting	Batting Cages Jackie Robinson Room
8:30pm	National League Teams Cages American League Teams and Parents Welcome Meeting	Batting Cages Jackie Robinson Room
10:30pm	Curfew- <b>ALL PLAYERS IN THEIR OWN ROOMS</b>	Hotel Rooms

## Thursday, December 28

7:00am	Breakfast	Cafeteria
8:15am	Stretch	Field 3 OF
8:45am	60 YD Dash	AL Field 3 OF/NL Field 1



## Thursday, December 28 Continued...

9:15am Individual Defense Field 3

Pitchers	Catchers	Infielders	Outfielders
Bullpens	Bullpens	Field 1 IF	Field 1 OF

10:20am Head to Game Fields

10:45am Game #1 Game Fields

<b>Dodgers @ Cardinals</b>	<b>Field 1</b>
<b>Pirates @ Giants</b>	<b>Field 2</b>
<b>Astros @ Tigers</b>	<b>Field 5</b>
<b>Orioles @ A's</b>	<b>Field 6</b>

1:00pm Lunch- NL Teams Cafeteria

1:15pm Lunch- AL Teams Cafeteria

2:30pm Report to Game Fields Game Fields

2:35pm Team Defense- Popup Priorities Game Fields

3:15pm Game #2

<b>Pirates @ Dodgers</b>	<b>Field 5</b>
<b>Cardinals @ Giants</b>	<b>Field 6</b>
<b>Orioles @ Astros</b>	<b>Field 1</b>
<b>Tigers @ A's</b>	<b>Field 2</b>

5:45pm Dinner- AL Teams Cafeteria

6:00pm Dinner- NL Teams Cafeteria

7:15pm American League Daily Review- Mental Conditioning Jackie Robinson Room

7:45pm National League Daily Review- Mental Conditioning Jackie Robinson Room

10:45pm Curfew- **ALL PLAYERS IN THEIR OWN ROOMS** Hotel Rooms

## Friday, December 29

7:00am Breakfast Cafeteria

8:00am Stretch Field 3 OF

8:30am Individual Defense

Pitchers	Catchers	Infielders	Outfielders
Bullpens	Bullpens	Field 3 IF	Field 3 OF



Friday, December 29 Continued...

\*\*\*Note Itinerary based on League\*\*\*

**American League Teams (Astros, Tigers, Orioles, A's)**

9:30am	Report to Game Fields	Astros/A's -Field 5 Tigers/Orioles -Field 6
9:35am	Team Infield/Outfield (Cuts/Relays)	Game Fields
10:15am	Game #3	Game Fields
	<b>A's @ Astros</b> <b>Tigers @ Orioles</b>	<b>Field 5</b> <b>Field 6</b>
1:00pm	Lunch	Cafeteria
2:15pm	Stretch	Field 3 OF
2:45pm	Defensive/Hitting Workout	Fields 2/3

Time	Live On Field BP/Shag (Field 2)	Defensive Reps Workout (Field 3)
2:45pm	Astros/A's	Tigers/Orioles
3:45pm	Tigers/Orioles	Astros/A's

6:00pm	Dinner	Cafeteria
7:30pm	Life Skills- The Three A's	Jackie Robinson Room
10:45pm	Curfew- <b>ALL PLAYERS IN THEIR OWN ROOMS</b>	Hotel Rooms

**National League Teams (Dodgers, Cardinals, Pirates, Giants)**

9:30am	Defensive/Hitting Workout	Fields 2/3
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Time	Live On Field BP/Shag (Field 2)	Defensive Reps Workout (Field 3)
9:30am	Dodgers/Cardinals	Pirates/Giants
10:15am	Pirates/Giants	Dodgers/Cardinals

12:45pm	Lunch	Cafeteria
2:00pm	Report to Fields 5/6 for Stretch	Fields 5/6



\*\*\*Friday, December 29 Continued...

2:30pm	Team Infield/Outfield (Cuts/Relays)	Dodgers/Giants Field 5 Cardinals/Pirates Field 6
3:00pm	Game #3	Game Fields
	<b>Giants @ Dodgers</b> <b>Cardinals @ Pirates</b>	<b>Field 5</b> <b>Field 6</b>
6:15pm	Dinner	Cafeteria
7:30pm	Life Skills- The Three A's	Jackie Robinson Room
10:45pm	Curfew- <b>ALL PLAYERS IN THEIR OWN ROOMS</b>	Hotel Rooms

## Saturday, December 30

7:00am	Breakfast	Cafeteria
8:00am	Stretch	Field 3 OF
8:30am	Individual Defense	

Pitchers	Catchers	Infielders	Outfielders
Bullpens	Bullpens	Field 3 IF	Field 3 OF

9:15am	Head to Game Fields	Game Fields
9:30am	Championship Games	Fields 1/2/5/6
	<b>AL Seed #1 v. NL Seed #1</b> <b>AL Seed #2 v. NL Seed #2</b> <b>AL Seed #3 v. NL Seed #3</b> <b>AL Seed #4 v. NL Seed #4</b>	<b>Field 2</b> <b>Field 1</b> <b>Field 5</b> <b>Field 6</b>
	*Home Team determined by Overall Seeds	
12:00pm	Camp Wrap and Dismissal	Field 2

