

### Saturday, April 7th

9:00am	Players Arrive and Check-in begins	Baseball Factory Front Entrance
9:30am	Stretch	Batting Cages
9:45am	Staff Introduction	Batting Cages
9:50am	Hitting Intro Talk	Batting Cages
9:55am	Hitting Circuit 1	Batting Cages/Conference Rooms
	<i>Highlight: Video Capture/Review (Instructional)</i>	
	<i>Highlight: Building a Hitting Approach</i>	
11:45am	Hitting Talk- Pitch Recognition/Contact Points	Batting Cages
12:00pm	Hitting Circuit 2	Batting Cages
	<i>Highlight: Pitch Recognition Drills</i>	
	<i>Highlight: Core Activation and Strength</i>	
1:00pm	Daily Review	
1:30pm	Dismissal	

### Sunday, April 8th

8:15am	Players Report to BF Cages	Batting Cages
8:30am	Stretch	Batting Cages
9:00am	Hitting Concepts Review	Batting Cages
9:15am	Hitting Circuit 3	Batting Cages/Conference Room
	<i>Highlight: Player Profile Video Update</i>	
	<i>Highlight: Being Mindful vs. Mind Full/Making Adjustments</i>	
11:10am	Hitting Concepts Review	Batting Cages
11:20am	Hitting Circuit 4	Batting Cages
	<i>Highlight: Lightning Rounds</i>	
	<i>Highlight: Live AB Training</i>	
12:30pm	Camp Review	
1:00pm	Dismissal	