

Saturday, March 2nd

8:15am	Players Arrive and Check-in begins	Baseball Factory Front Entrance
8:30am	Stretch	Batting Cages
9:00am	Staff Introduction	Batting Cages
9:10am	Hitting Intro Talk	Batting Cages
9:30am	Hitting Circuit 1	Batting Cages/Conference Rooms
	<i>Highlight: Video Capture/Review (Instructional)</i>	
	<i>Highlight: Building a Hitting Approach</i>	
10:30am	Hitting Talk- Pitch Recognition/Contact Points	Batting Cages
10:45am	Hitting Circuit 2	Batting Cages
	<i>Highlight: Pitch Recognition Drills</i>	
	<i>Highlight: Core Activation and Strength</i>	
12:15pm	Daily Review	
12:30pm	Dismissal	

Sunday, March 3rd

8:00am	Players Report to BF Cages	Batting Cages
8:15am	Stretch	Batting Cages
8:45am	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>	
10:35am	Hitting Concepts Review	Batting Cages
10:45am	Hitting Circuit 4	Batting Cages
	<i>Highlight: Lightning Rounds</i>	
	<i>Highlight: Live AB Training</i>	
11:45pm	Camp Review	
12:00pm	Dismissal	