



ITINERARY

JULY 7-10, 2019

SUNDAY, JULY 7TH		
7:00AM- 3:00PM	Airport Pickups for Players Flying Alone	Cleveland Airport
5:00PM	Player Check-In Begins	TBD/Dorms
6:00PM	Dinner for Players	Cafeteria
6:45PM	Head to Baseball Field for Evening Workout	Cafeteria
7:00PM	Evening Workout - Hitting with Video Capture	Tim Mead Field @ Biery Stadium
8:30PM	Welcome Meeting	TBD
10:30PM	Curfew - ALL PLAYERS IN THEIR OWN ROOMS	Dorms
MONDAY, JULY 8TH		
7:00AM	Breakfast Opens	Cafeteria
7:45AM	Daily Focus Meeting	Cafeteria
8:00AM	Stretch/Warm-Up	Tim Mead Field
8:30AM	Throwing Progression	Tim Mead Field
9:00AM	Athletic Testing - Instructs and Live Capture	Tim Mead Field
10:00AM	Baserunning - Full Field Rotations - Full Speed	Tim Mead Field
10:30AM	Individual Defensive Workout	Tim Mead Field
11:15AM	Baserunning - Full Field Rotations - Full Speed	Tim Mead Field
12:00PM	Lunch	Cafeteria
1:00PM	Life Skills - Intro to Recruiting with Matt Richter	TBD
2:00PM	Expectations Meeting for Departure/Home Run Derby	Dorms
3:00PM	Depart for MLB Homerun Derby	Bus Pick up Area
8:00PM	MLB Homerun Derby	Progressive Field
approx. 12:00AM	Return From Derby, Immediate Curfew	Dorms

TUESDAY, JULY 9TH

7:00AM	Breakfast Opens	Cafeteria
8:30AM	Stretch/Warm-Up	Turf Field
9:00AM	Throwing Progression	Turf Field
9:20AM	Individual Defensive Workout	Turf Field
10:00AM	Team Defense - Full Field Rotations	Turf Field
10:40AM	Baserunning Review and Full Speed w/ Live Reads	Turf Field
11:15AM	Morning Recap/Camp Recap	Turf Field
12:00PM	Lunch	Cafeteria
2:00PM	Report to Baseball Field	Tim Mead Field
2:15PM	Afternoon Focus Meeting	Tim Mead Field
2:25PM	Stretch/Warm-Up	Tim Mead Field
2:40PM	Hitting Discussion	Tim Mead Field
2:50PM	Offensive Rotations	Tim Mead Field
4:00PM	Live Gameplay (3-4 Innings)	Tim Mead Field
5:00PM	Simulated Gameplay	Tim Mead Field
6:00PM	Dinner	Cafeteria
7:00PM	Daily Recap	Cafeteria
7:30PM	Getaway Meeting - Expectations and Moving Forward with BF	TBD
10:00PM	Curfew - ALL PLAYERS IN THEIR OWN ROOMS	Dorms

WEDNESDAY, JULY 10TH

7:00AM	Breakfast Opens	Cafeteria
8:00AM	Stretch/Warm UP	Tim Mead Field
8:30AM	Individual Defensive Workout - REPS	Tim Mead Field
9:30AM	Live BP - Full Field Rotations	Cafeteria
10:30AM	Live Gameplay (3-4 Innings)	Tim Mead Field
12:00PM	Camp Wrap and Dismissal	Tim Mead Field