

**MID-ATLANTIC REGION  
 OCTOBER 26-27, 2019  
 COLUMBIA, MD**

**SATURDAY, OCTOBER 26TH, 2019**

<b>1:15pm</b>	Registration Begins and Staff Introduction	BF HQ Lobby Area
<b>1:45pm</b>	Dynamic Stretch	BF Cage Area
<b>2:00pm</b>	Controlled Throwing Drills (Pitchers) - Fastball and Change Up Grips - Balance Points, Separation, Extension and Finish  Stretching, Stances, Setups, Signals (Catchers)	BF Cage Area
<b>3:00pm</b>	Flat Ground Session with Catchers	BF Cage Area
<b>3:45pm</b>	Live Bullpen Session - Video Capture (Pitchers and Catchers)	BF Cage Area
<b>4:15pm</b>	Fielding Position Drills (Pitchers) Receiving Drills/Intro to Blocking Technique/Video (Catchers)	BF Cage Area
<b>5:00pm</b>	Pitching Discussion - Intro to Pitching 101	Main BF Conference Room
<b>5:00pm</b>	Catchers Video and Daily Review	BF Conference Room
<b>5:30/45pm</b>	Dismissal	Conference Rooms

**SUNDAY, OCTOBER 27TH, 2019**

<b>1:00pm</b>	Registration Begins and Staff Introduction	BF HQ Lobby Area
<b>1:15pm</b>	Video Review (Pitchers) Stance, Receive Review and Drills	BF Cage Area
<b>1:45pm</b>	Controlled Throwing with Drills (Pitchers) Blocking Technique and Drill Work (Catchers)	BF Cage Area
<b>2:45pm</b>	Flat Ground Session with Catchers (Pitchers) Throwing Footwork Drills (Catchers)	BF Cage Area
<b>3:30pm</b>	Live Bullpen Session - Video Capture (Pitchers and Catchers)	BF Cage Area
<b>4:00pm</b>	Pickoff Footwork and Controlling the Running Game (Pitchers) Video Review (Catchers)	BF Cage Area
<b>4:30pm</b>	Video Review and Pitching Discussion (Pitchers) Review Drillwork (Catchers)	Main BF Conference Room
<b>5:00pm</b>	Camp Review and Dismissal	BF Cage Area