

BASEBALL FACTORY CHRISTMAS CAMP & TOURNAMENT AT PIRATE CITY

SAMPLE ITINERARY

DAY 1

11:00AM - Check-in Begins

Step 1: Players check-in at front desk with the Pirates - PLAYERS ONLY allowed inside the facilities

Step 2: Players drop personal bags in their own room, bring baseball gear down to clubhouse

Step 3: Grab & Go Lunch on way to clubhouse

Step 4: Find personal locker, and organize for the week!

Step 5: 1:05PM Report to Field 3 in provided workout shirt (shorts recommended for first day workout).

1:30PM - Welcome Comments - Field 3

1:45PM - Stretch, Field 3

2:05PM - Athletic Development, Field 3

2:15PM - Athletic Testing, Field 3

2:45PM - Individual Defense, Field 3

3:30PM - Team 30 Minute Rotations, Pop-up Priority, Cuts & Relays, Base Running, Field 3 & Field 5/ 6

5:00PM - 5:45PM - Dinner

6:00PM - Offensive Rotations, Dodgers - Cages

6:45PM - Offensive Rotations, Cardinals - Cages

7:30PM - Offensive Rotations, White Sox - Cage

9:00PM - Curfew, *Players In Their Own Rooms*

DAY 2

6:30AM - 7:15AM - Breakfast

7:45AM - Stretch, Field 3

8:05AM - Individual Defense, Field 3

8:35AM - Pre-Game & Rotations, Field 3 / Field 5 & 6

8:40AM - Team Rotations - White Sox, Field 5 & 6 / Cages

8:45AM - First Pitch - Dodgers vs: Cardinals, Field 3

10:30AM - First Pitch - White Sox vs: Dodgers, Field 3

10:30AM - Team Rotations - Cardinals, Field 5 & 6 / Cages

12:15PM - 1:00PM - Lunch

1:15PM - Stretch, Field 3

1:30PM - Pre-Game & Rotations, Field 3 / Field 5 & 6

1:35PM - Team Rotations - Dodgers, Field 5 & 6 / Cages

1:45PM - First Pitch - Cardinals vs: White Sox, Field 3

3:45PM - Offensive Rotations (After completion of Cardinals v. White Sox)

6:00PM - 6:45PM - Dinner

7:00PM - Recruiting Zoom For Parents & Players

9:00PM - Curfew, *Players In Their Own Rooms*

DAY 3

6:30AM - 7:15AM - Breakfast
7:45AM - Stretch, Field 3
8:05AM - Individual Defense, Field 3
8:35AM - Pre-Game & Rotations, Field 3 / Field 5 & 6
8:40AM - Team Rotations - Dodgers, Field 5 & 6 / Cages
8:45AM - First Pitch - White Sox vs: Cardinals, Field 3
10:30AM - First Pitch - Dodgers vs: White Sox, Field 3
10:30AM - Team Rotations - Cardinals, Field 5 & 6 / Cages
12:15PM - 1:00PM - Lunch
1:15PM - Stretch, Field 3
1:30PM - Pre-Game & Rotations, Field 3 / Field 5 & 6
1:35PM - Team Rotations - White Sox, Field 5 & 6 / Cages
1:45PM - First Pitch - Cardinals vs: Dodgers, Field 3
3:30PM - Baseball Olympics - Round 3, Around the Horn, Field 3
5:00PM - 5:45PM - Dinner
6:30PM - Cage Rotations!
9:00PM - Curfew, *Players In Their Own Rooms*

DAY 4

6:30AM - Breakfast
7:45AM - Stretch, Field 3
8:05AM - Athletic Development, Field 3
8:20AM - Individual Defense, Field 3
9:00AM - Pre-Game, Field 3
9:30AM - Game Rotations, Championship Game, Field 3
11:30AM - Closing Comments, Field 3
12:00PM - 12:30PM - Lunch
~12:00PM - Players Released with Families