

MONDAY SCHEDULE – WILLIAMSPORT SUMMER CAMP

7:30 am	Wake up
7:30 – 7:55 am	Prepare for Dorm Inspection
8:00 am	Breakfast
8:30 – 8:40 am	Get ready for team workouts
8:45 – 8:55 am	Report to Field #4
8:55 – 9:25 am	Hitting Lecture
9:30 – 11:00 am	Workout Stations (See assignments)

**Juniors:**

**Stations (Field 4/Field 5/Prac. Infield/Pitching ) - Mets, Yankees, Dodgers, Mariners, Tigers –**

**Cages – Cubs, Cardinals, Pirates, White Sox, Indians**

\*Stations switch after water break

**Seniors:**

Pitching, Hitting, Infield, and Outfield Stations

11:00 am	End of Workout – Back to Camp - Extra Hitting/Recreation
11:45 am	End of Recreation
12:00 pm	Lunch
12:40 pm	Rest Period
1:20 pm	Get Ready for Games
1:30 pm	Report to Assigned Field for the Games
1:50 – 2:00 pm	Warm – up and Begin Games

**Juniors:**

Lamade: Cardinals vs. White Sox

Volunteer: Pirates vs. Indians

Field 4: Cubs vs. Dodgers

Field 5: Tigers vs. Mariners

Rec C: Mets vs. Yankees

**Seniors:**

Field 2: Astros vs. Twins

South Rec: A's vs. Reds

3:45 pm	End Games – Report to Camp for Recreation
4:30 pm	End of Recreation
4:45 pm	Supper
5:30 pm	Get Ready for Evening Games/Activities
5:40 pm	Report to Assigned Field/Location
5:50 pm	Warm – up and Begin Games

**Juniors:**

Field 4: Yankees vs. Tigers

Field 5: White Sox vs. Mets

Rec C: Indians vs. Cardinals

Rec D: Dodgers vs. Pirates

**Seniors:**

Field 2: A's vs. Astros

Cages: Reds, Twins

Cages/Night 1 – A's

Cages/Night 2 - Astros

**Night Game -Mariners vs. Cubs – Teams have recreation until 6:45 pm – then to canteen – then game**

7:45 pm	End Evening Games/Cages – Report for Canteen/Evening Recreation Begin Night Cages/Night Game on Field #5
9:15 pm	Camp Meeting
9:30 pm	End Night Game
9:40 pm	Team meeting
10:15 pm	Lights Out