

Sunday Schedule – Williamsport Summer Camp

11:00 am	Staff Arrival – Registration Set – Up
12:00 pm	Staff Lunch
12:40 pm	Prepare Rec Room for Registration
12:45 pm	Staff Report to Assigned Areas for Registration
1:00 pm	Registration Begins
3:00 pm	Swim Test and Open Swimming
4:00 pm	End Registration – Team Meeting – In Dorm Rooms (BOTH coaches – Till 4:40)
4:40 pm	Line up for Dinner
4:45 pm	Dinner
5:30 pm	Prepare to go to Fields – Check with Nurse
5:50 pm	Speed Workout – Coach Maz
6:50 pm	Drink Break or as needed
7:00 pm	Station Workout – Juniors – Cages/Field 5 Seniors – Field 2

Juniors: (Teams in groups of 2)

Seniors: (Individual Teams)

5 Stations

4 Stations

*Campers will participate in Position Specialty. Campers get to choose to work on skills in one of the following areas – Pitching, Outfield, Infield, or Catching.

Duties Will be Assigned by BI/BI's

Each Rotation will be approximately 12 minutes

8:00 pm	End of Workout – Recreation/Canteen (opposite order of dinner)
9:00 pm	Camp Meeting – Pavilion
9:30 pm	Report Back to Camp
10:00 pm	Lights Out (Team meeting will be done before dinner)