

TUESDAY 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 #2
8:55 – 9:25 am	Pitching Lecture
9:30 – 11:00 am	Workout Stations (See assignments)

Juniors :

Cages - Mets, Yankees, Dodgers, Mariners, Tigers

Maz – Speed workout – Cubs, Pirates, Cardinals, 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: Pirates vs. Mariners

Volunteer: Tigers vs. Mets

Field 4: White Sox Indians

Field 5: Cubs vs. Yankees

Rec C: Cardinals vs. Dodgers

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

Seniors:

Field 2: A's vs. Reds

South Rec: Twins vs. Astros

Juniors:

Field 4: Mariners vs. Yankees

Field 5: Pirates vs. Cardinals

Rec C: Cubs vs. Tigers

Rec D: Mets vs. Indians

Seniors:

Field 2: Reds vs. Twins

Cages: A's, Astros

Cages/Night 1 – Reds

Cages/Night 2 – Twins

Night Game – Dodgers vs. White Sox – 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 team meeting)
10:15 pm	Lights Out