

## Friday, January 12

6:00pm	Registration Opens	Hilton Mesa
6:00 - 8:00pm	Dinner for Players & Staff	Hilton Mesa
8:00pm	Welcome Meeting (All Players & Parents)	Hilton Mesa
9:00pm	Hitting Presentation - presented by Mike Surina & Javi Ochoa	Hilton Mesa
10:00pm	Curfew	In Your Own Room

## Saturday, January 13

6:30am	Breakfast Opens	Hilton Mesa
7:30am	Buses Depart for Gene Autry	Hilton Mesa
8:00am	Stretch	Field 1
8:20am	Throwing Program	Field 1
8:40am	Rotations by Team	

Time	Astros	Dodgers	GIANTS
8:40	Cuts & Relays (F1)	Cages & Team Meeting	Pop-up Priority (F2)
8:55	Pop-up Priority (F2)	Cuts & Relays (F1)	Cages & Team Meeting
9:10	Cages & Team Meeting	Pop-up Priority (F2)	Cuts & Relays (F1)

9:30am	Astros vs. Dodgers Giants	(3 innings) Tandem Cuts/Relays & Pop-up Reps	Field 1 Field 2
10:30am	Giants vs. Astros Dodgers	(3 innings) Tandem Cuts/Relays & Pop-up Reps	Field 1 Field 2
11:30am	Dodgers vs. Giants Astros	(3 innings) Tandem Cuts/Relays & Pop-up Reps	Field 1 Field 2
12:30pm	Lunch	(12:30 - 1:00pm)	Dugouts
1:10pm	Tour of the Bases (H—>1st & 1st Base Related)		Field 1
1:50pm	Stretch		Field 1
2:35pm	Athletic Testing		Field 1
3:00pm	Offensive Rotations		

Field 1/Cages

Time	Astros	Dodgers	GIANTS
3:00	Cages 1/2 — Tee & Soft Toss	Live BP (F1)	Cages 3/4 — Front Toss
3:20	Cages 3/4 — Front Toss	Cages 1/2 — Tee & Soft Toss	Live BP (F1)
3:40	Live BP (F1)	Cages 3/4 — Front Toss	Cages 1/2 — Tee & Soft Toss

### Saturday, January 13 Continued...

4:00pm	Individual Defense	(at primary position)
	Middle INF	Field 1
	Corner INF	Field 1
	Outfielders	Field 1 OF
	Catchers	Cages (or Bullpens)
	Pitchers	Bullpens

**5:00pm** **Buses Depart for Hotel**

**5:15pm** **Dinner** (5:15 - 6:00)

**8:00pm** Recruiting Seminar — *Players Engaged*

**10:30pm** **Curfew**

**Hilton Mesa**

Hilton Mesa

**In Your Own Room**

### Sunday, January 14

6:30am	Breakfast Opens	Hilton Mesa
<b>7:30am</b>	<b>Buses Depart for Gene Autry</b>	<b>Hilton Mesa</b>
8:00am	Stretch	Field 1
8:20am	Throwing Program & Individual Defense	(at primary position or Secondary Position)
	Middle INF	Field 1
	Corner INF	Field 1
	Outfielders	Field 2 OF
	Catchers	Cages (or Bullpens)
	Pitchers	Bullpens

**9:25am** **Giants vs: Dodgers** (3 innings) **Field 1**  
Astros 2nd/3rd Base Related & Run Downs Field 2

**10:25am** **Astros vs: Giants** (3 innings) **Field 1**  
Dodgers 2nd/3rd Base Related & Run Downs Field 2

**11:25am** **Dodgers vs: Astros** (3 innings) **Field 1**  
Giants 2nd/3rd Base Related & Run Downs Field 2

**12:30pm** **Lunch** (12:30 - 1:00) **Dugouts**

1:15pm Quick Stretch Field 1

1:35pm Abbreviated Throwing Program Field 1

1:55pm Rotations by Position Group (Block Rotations 50 min. x 2)

*\* Primary P go to secondary position, Groups = C, OF, MIF, CIF*

Time	C	OF	MIF	CIF
1:55	Defensive Reps (F3)	Pos Specific Stretch/Mvmnts (F3)	Intro to Breaking Ball - Cage 1 & 2	Lob Drill/Ball Hit - Cage 3 & 4
2:20	Pos Specific Stretch/Mvmnts (F3)	Defensive Reps (F3)	Lob Drill/Ball Hit - Cage 3 & 4	Intro to Breaking Ball - Cage 1 & 2
2:55	Intro to Breaking Ball - Cage 1 & 2	Lob Drill/Ball Hit - Cage 3 & 4	Defensive Reps (F3)	Pos Specific Stretch/Mvmnts (F3)
3:20	Lob Drill/Ball Hit - Cage 3 & 4	Intro to Breaking Ball - Cage 1 & 2	Pos Specific Stretch/Mvmnts (F3)	Defensive Reps (F3)

3:45pm On-Field Front Toss BP (4 Groups @ 15 minutes) Field 1

Time	Group 1	Group 2	Group 3	Group 4
3:45	Hit Live	Tee Work - Cages	Defense - Shag	Base Run - 1B, 2B, 3B
4:00	Base Run - 1B, 2B, 3B	Hit Live	Tee Work - Cages	Defense - Shag
4:15	Defense - Shag	Base Run - 1B, 2B, 3B	Hit Live	Tee Work - Cages
4:30	Tee Work - Cages	Defense - Shag	Base Run - 1B, 2B, 3B	Hit Live



### Sunday, January 14 Continued...

5:00pm	Buses Depart for Hotel		
5:30pm	Dinner	(5:30 - 6:15)	Hilton Mesa
8:00pm	Life Skills Seminar & Travel Meeting		Hilton Mesa
10:30pm	Curfew		In Your Own Room

### Monday, January 15

6:30am	Breakfast Opens	Hilton Mesa
7:30am	Buses Depart for Gene Autry	Hilton Mesa
8:00am	Stretch	Field 1
8:15am	Throwing Program	Field 1 & Field 2
8:30am	Individual Defense Infielders Outfielders Catchers Pitchers	(at primary position or secondary position) Field 1 Field 2 Field 2 Bullpens 1/2, Field 1 (for PFP)
9:10am	Simulated Game Rotations (3 x 25 minutes)	Field 2 & 3

Time	Astros	Dodgers	GIANTS
9:10	27 Outs (F2)	Sim Game HIT (F3)	Sim Game FLD (F3)
9:35	Sim Game FLD (F3)	27 Outs (F2)	Sim Game HIT (F3)
10:00	Sim Game HIT (F3)	Sim Game FLD (F3)	27 Outs (F2)

10:30am	Live BP Rotations (12 minutes), Rotate on Hit Live	Field 1
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Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
10:30	Hit Live	Cages	Agility	Defense (Live)	Defense (Shag)	Base Run
10:42	Base Run	Hit Live	Cages	Agility	Defense (Live)	Defense (Shag)
10:54	Defense (Shag)	Base Run	Hit Live	Cages	Agility	Defense (Live)
11:06	Defense (Live)	Defense (Shag)	Base Run	Hit Live	Cages	Agility
11:18	Agility	Defense (Live)	Defense (Shag)	Base Run	Hit Live	Cages
11:30	Cages	Agility	Defense (Live)	Defense (Shag)	Base Run	Hit Live

11:50am	Closing Comments & Lunch *Parents will have the option to pick up their son at field or hotel
1:30pm	Bus departs for Phoenix Sky Harbor Airport (for players traveling alone)