

Baseball Camp (Ages 5-7)

Monday Camp Schedule (CAT - Circuit Allocation Table)			Free Director + 1 Coach
8:00am-8:45am	Coaches Meeting & Set-Up		
8:45am-9:00am	Sign-In		
	Coach	DIRECTOR	COACH
	Activity	Check-In	warm-up: Jungle Adventure
9:00am-9:20am	Camp Introductions		
	Coach	DIRECTOR	COACH
	Activity Camp Orientation	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)	
9:20am - 9:40am	Circuit Station 1 - Base-Running		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - Base Running Drill Game - Base Chase Relay
	Focus	Introduction to the Base-Running	
9:40am-9:45am	Water Break		
9:45am-10:05am	Circuit Station 2 - Throwing		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - Baseball Archery Game - Fruit Smoothie
	Focus	Flex/Point/Throw	
10:05am-10:15am	Water, Snack and Bathroom Break		
10:15am-10:35am	Circuit Station 3 - Dodgeball/Game Station		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - N/A Game - Pirates of the Carribean
	Focus	Respect the ROOTS	
10:35am-10:40am	Water Break		
10:40am-11:00am	Circuit Station 4 - Short Sided Games		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - N/A Game - Hulk Smash Baseball
	Focus	Offensive/Defensive Roles/Strategy	
11:00am-11:10am	Water, Snack and Bathroom Break		
11:10am-11:30am	Circuit Station 5 - Hitting Station		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - Off the Tee Hitting Drills Game - Guardians of the Galaxy
	Focus	Bat to the Sky. Chicken Wings Out	
11:30am-11:35am	Water Break		
11:35am-11:55am	Circuit Station 6 - Field Station		
	Coach	DIRECTOR	COACH
	Activity	Free Director	Drill - Hands In Front Game - BB8 vs R2D2 (Ground Balls)
	Focus	Hands in Front. Alligator Arms	
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out		
	Coach	DIRECTOR	COACH
	Activity	SIGN-OUT	Help kids gather their belongings from the home base
	Activity	MANAGE TEAM LINES/TAKE HOME ASSIGNMENT	
12:05pm-12:30pm	Coaches Meeting & Tear-Down		