

# Baseball Camp (Ages 5-7)

Monday Camp Schedule (CAT - Circuit Allocation Table)					Free Director + 3 Coaches			
8:00am-8:45am	Coaches Meeting & Set-Up							
8:45am-9:00am	Sign-In							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Group	All	Purple	Orange	Green	Red	Blue	Yellow
	Activity	Check-In	warm-up: Jungle Adventure		warm-up: Jungle Adventure		warm-up: Agility Ladder Exercises	
9:00am-9:20am	Camp Introductions							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)						
	Camp Orientation							
9:20am - 9:40am	Circuit Station 1							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Base Chase Relay	Drill - Baseball Archery	Game - Fruit Smoothie	Game - Pirates of the Caribbean	
	Group		Purple	Orange	Green	Red	Blue	Yellow
	Focus		Introduction to the Base-Running		Flex/Point/Throw		Respect the ROOTS	
9:40am-9:45am	Water Break							
9:45am-10:05am	Circuit Station 2							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Base Chase Relay	Drill - Baseball Archery	Game - Fruit Smoothie	Game - Pirates of the Caribbean	
	Group		Blue	Yellow	Purple	Orange	Green	Red
	Focus		Introduction to the Base-Running		Flex/Point/Throw		Respect the ROOTS	
10:05am-10:10am	Water Break							
10:10am-10:30am	Circuit Station 3							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Base Chase Relay	Drill - Baseball Archery	Game - Fruit Smoothie	Game - Pirates of the Caribbean	
	Group		Green	Red	Blue	Yellow	Purple	Orange
	Focus		Introduction to the Base-Running		Flex/Point/Throw		Respect the ROOTS	
10:30am-10:45am	Snack & Bathroom Break							
10:45am-11:05am	Circuit Station 4							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Hulk Smash or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Guardians of the Galaxy	Drill - Hands In Front	Game - BB8 vs R2D2 (Ground Balls)
	Group		Purple	Orange	Green	Red	Blue	Yellow
	Focus		Offensive/Defensive Roles/Strategy		Bat to the Sky. Chicken Wings Out		Hands in Front. Alligator Arms	
11:05am-10:10am	Water Break							
11:10am-11:30am	Circuit Station 5							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Hulk Smash or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Guardians of the Galaxy	Drill - Hands In Front	Game - BB8 vs R2D2 (Ground Balls)
	Group		Blue	Yellow	Purple	Orange	Green	Red
	Focus		Offensive/Defensive Roles/Strategy		Bat to the Sky. Chicken Wings Out		Hands in Front. Alligator Arms	
11:30am-11:35am	Water Break							
11:35am-11:55am	Circuit Station 6							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Hulk Smash or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Guardians of the Galaxy	Drill - Hands In Front	Game - BB8 vs R2D2 (Ground Balls)
	Group		Green	Red	Blue	Yellow	Purple	Orange
	Focus		Offensive/Defensive Roles/Strategy		Bat to the Sky. Chicken Wings Out		Hands in Front. Alligator Arms	
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	SIGN-OUT	Manage Team Lines		Help kids gather their belongings from the home base		Help kids gather their belongings from the home base	
	Activity		Camp Recap & Tomorrow's Theme (Jersey Day!)		Coaches Tunnel		Coaches Tunnel	
12:05pm-12:30pm	Coaches Meeting & Tear-Down							