Baseball Camp (Ages 5-7)

Monday Camp Schedule (CAT - Circuit Allocation Table)	Free Director, 2 Coaches

8:00am-8:45am	**Coaches Meeting & Set-Up**					
8:45am-9:00am	**Sign-In**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Check-In	Warm-up: Jungle Adventure		Warm-up: Jungle Adventure	
9:00am-9:20am	**Camp Introductions**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	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**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Free Direct	Drill - Baseball Archery	Game - Fruit Smoothie	Drill - Base Running Drill	Game - Base Chase Relay
	Group		Green/Red		Blue/Yellow	
	Focus		Flex/Point/Throw		Introduction to the Base-Running	
9:40am-9:45am	**Water Break**					
9:45am-10:05am	**Circuit Station 2**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Free Direct	Drill - Baseball Archery	Game - The Incredibles	Drill - Base Running Drill	Game - Home Run Relay Races
	Group		Blue/Yellow		Green/Red	
	Focus		Flex/Point/Throw		Introduction to the Base-Running	
10:05am-10:15am	**Water, Snack and Bathroom Break (Give out stickers/stamps)**					
10:15am-10:35am	**Circuit Station 3**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Free Direct	Drill - N/A	Game - Hulk Smash Baseball	Drill - N/A	Game - Pirates of the Carribean
	Group		Green/Red		Blue/Yellow	
	Focus		Offensive/Defensive Roles/Strategy		Respect the ROOTS	
10:35am-10:40am	**Water Break**					
10:40am-11:00am	**Circuit Station 4**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity		Drill - N/A	Game - Hulk Smash Baseball	Drill - N/A	Game - Pirates of the Carribean
	Group		Blue/Yellow		Green/Red	
	Focus		Offensive/Defensive Roles/Strategy		Respect the ROOTS	
11:00am-11:10am	**Water, Snack and Bathroom Break**					
11:10am-11:30am	**Circuit Station 5**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Free Direct	Drill - Hands In Front	Game - BB8 vs R2D2 (Ground Balls)	Drill - Off the Tee Hitting Drills	Game - Guardians of the Galaxy
	Group		Green/Red		Blue/Yellow	
	Focus		Hands in Front. Alligator Arms		Bat to the Sky. Chicken Wings Out	
11:30am-11:35am	**Water Break**					
11:35am-11:55am	**Circuit Station 6**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	Free Direct	Drill - Hands In Front	Game - BB8 vs R2D2 (Ground Balls)	Drill - Off the Tee Hitting Drills	Game - Guardians of the Galaxy
	Group		Blue/Yellow		Green/Red	
	Focus		Hands in Front. Alligator Arms		Bat to the Sky. Chicken Wings Out	
11:55pm-12:05pm	**PHASE 6 : Camp Close & Sign-Out**					
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**	
	Activity	SIGN-OUT	Manage Team lines		Help kids gather their belongings from the home base	
	Group	**ALL**	ALL		ALL	
12:05pm-12:30pm	**Coaches Meeting & Tear-Down**					