Baseball Camp (Ages 5-7)

Tuesday 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: Lava Rock Challenge		Warm-up: Lava Rock Challenge		
9:00am-9:20am	**Camp Introductions**						
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**		
	Activity	Camp Orientation: Recap Monday (Connect, Respect the ROOTS), Daily Preview, Theme (Jersey Day), Leadership Skill (Cheer), Life Skill (Integrity)					
9:20am - 9:40am	**Circuit Station 1**						
	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		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 from Monday)**						
10:15am-10:35am	**Circuit Station 3**						
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**		
	Activity	Free Direct	Game - Baseball Dodgeball (Bases Loaded)		Game - Fire in the Forest (Base-Running Edition)		
	Group		Green/Red		Blue/Yellow		
	Focus		Offensive/Defensive Roles/Strategy		Life & Leadership Skills		
10:35am-10:40am	**Water Break**						
10:40am-11:00am	**Circuit Station 4**						
	Coach	**FREE DIRECTOR**	**COACH 1**		**COACH 2**		
	Activity	Free Direct	Game - Baseball Dodgeball (Bases Loaded)		Game - Fire in the Forest (Base-Running Edition)		
	Group		Blue/Yellow		Green/Red		
	Focus		Offensive/Defensive Roles/Strategy		Life & Leadership Skills		
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 - Catch w/ a Partner	Game - Pokemon	Drill - Off the Tee Hitting	Game - Avengers Assemble	
	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 - Catch w/ a Partner	Game - Pokemon	Drill - Off the Tee Hitting	Game - Avengers Assemble	
	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**						