Circuit Allocation Table (CAT)

Wednesday Half Day Banana Ball Camp					**Free director, 2 Coaches**
8:00am-8:45am	**PHASE 1 : Coaches Meeting & Set-Up**				
8:45am-9:00am	**Sign-In**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Check-In	Throwing/Catching w/Partner Warmup Walk Up Songs and Dance Practice	Throwing/Catching w/Partner Warmup Walk Up Songs and Dance Practice	
	Activity				
9:00am-9:20am	**PHASE 2 : Daily Camp Introductions**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Intro, Banana Ball Rules, Camp Overview			
	Camp Orientation	Camp Rules	Manage Team lines	Daily Preview/Review	Banana Ball Rules - Trick Plays - 4 Ball Sprint - Stealing 1st - Catching Foul Ball - Scoring Rules
9:20am - 9:40am	**PHASE 3 : Circuit Station 1**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Batting Practice - Kids will practice hitting off coach pitch - 5 pitches per kid	Trick Plays on the field - Coach will be the one hitting or throwing the ball -Practice trick plays off of a hit ball on the diamond. Beat the runner to 1st with the throw or make the catch off the hit	
	Group		**Red/Green**	**Blue/Yellow**	
9:40am-9:45am	**Water Break**				
9:45am-10:05am	**PHASE 3 : Circuit Station 2**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Batting Practice - Kids will practice hitting off coach pitch - 5 pitches per kid	Trick Plays on the field - Coach will be the one hitting or throwing the ball -Practice trick plays off of a hit ball on the diamond. Beat the runner to 1st with the throw or make the catch off the hit	
	Group		Blue/Yellow	Red/Green	
10:05am-10:15am	**Water, Snack and Bathroom Break**				
10:15am-10:35am	**PHASE 3 : Circuit Station 3**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Walk Up Songs and Team Dances Coaches will work with their own teams to come up with Walk Up Dances and Team Dances		
	Group		Red/Green	Blue/Yellow	
10:35am-10:40am	**Water Break**				
10:40am-11:00am	**PHASE 3 : Circuit Station 4**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Game Play		
	Group		Blue/Yellow	Red/Green	
11:00am-11:10am	**Water, Snack and Bathroom Break**				
11:10am-11:30am	**PHASE 4 : Group Camp Game/Scrimmage**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Game Play		
	Group		**IceHawks (Blue/Green) & FireHawks (Red/Yellow)**		
11:30am-11:35am	**Water Break**				
11:35am-11:55am	**PHASE 5 : Group Endurance Game/Scrimmage**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Game Play		
	Group		**IceHawks (Blue/Green) & FireHawks (Red/Yellow)**		
11:55pm-12:05pm	**PHASE 6 : Camp Close & Sign-Out**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Sign out	Entertain Kids/Review Skills and Games	Entertain Kids/Review Skills and Games	
	Group	All	All	All	
12:05pm-12:30pm	**Coaches Meeting & Tear-Down**				