



## California Select Training (Pre HS)

<b>Sunday, July 20, 2014</b>	
12:30p - 2:00p	Player check-in & Registration (uniform distribution & room assignments)
12:30p - 1:30p	Lunch available in dining hall for players & staff
2:00p - 2:30p	Stretch   Throwing Program
2:30p-3:15p	Strength & Agility - Derek Wohlers
3:15p-4:00p	Individual defensive stations (catchers   infielders   outfielders   pitchers)
4:00p - 5:00p	Batting practice: Group 1-LIVE, Group 2-CAGES (front toss/tee work), Group 3-SHAG (rotate accordingly)
5:00p - 6:00p	Dinner
7:00p - 8:00p	Welcome Meeting & Recruiting Seminar (Players & Parents in attendance)
10:00p	Player curfew check-in
<b>Monday, July 21, 2014</b>	
7:30a - 8:30a	Breakfast
9:00a - 9:30a	Stretch & throwing program (APU)
9:30a - 9:45a	60 Yard Dash (ALL Players)
9:50a - 10:50a	Defensive workout: Catchers, Outfielders, Infielders - Players not being evaluated will work on defensive instruction
11:00a - 11:40a	Baserunning: Group 1-1B, Group 2-2B, Group 2-3B, Group 4-HOME (rotate accordingly-10min stations)
12:00p - 1:00p	Lunch
1:30p - 2:30p	<b>Simulated Game- Team 1 v Team 2- (Team 3 Cages)</b>
2:30-3:30p	<b>Simulated Game Team 2 v Team 3- (Team 1 Cages)</b>
3:30-4:30p	<b>Simulated Game Team 1 v Team 3- (Team 2 Cages)</b>
5:00p	Depart for Angel's Stadium (dinner at game)
7:05p	Orioles vs Angels
11:00p	Player curfew check-in
<b>Tuesday, July 22, 2014</b>	
7:30a - 8:30a	Breakfast
9:00a - 9:30a	Stretch & throwing program (Citrus)
9:45a - 10:45a	Individual defensive stations (catchers   infielders   outfielders   pitchers)
10:45a - 11:45a	Cuts and Relays/ Pop Up Priorities
12:00p - 1:00p	Lunch
1:30p - 2:30p	<b>Simulated Game Team 1 v Team 3- (Team 2 Cages)</b>
2:30-3:30p	<b>Simulated Game- Team 1 v Team 2- (Team 3 Cages)</b>
3:30-4:30p	<b>Simulated Game Team 2 v Team 3- (Team 1 Cages)</b>
5:00p - 6:00p	Dinner
7:00p - 8:00p	Hitting Presentation with Mike Surina / Javier Ochoa (Engstrom Hall)
11:00p	Player curfew check-in
<b>Wednesday, July 23, 2014</b>	
7:30a - 8:30a	Breakfast
8:30-9:00a	Quick Stretch/ Throw ) APU
9:00-10:00a	Individual defensive stations (catchers   infielders   outfielders   pitchers)
10:00-10:40a	<b>Simulated Game Team 1 (Offense), Team 2 (Defense), Team 3 (Cages)</b>
10:40-11:20a	<b>Simulated Game- Team 1 (Defense), Team 2 (Cages), Team 3 ( Offense)</b>
11:20-12:00p	<b>Simulated Game Team 1 (Cages), Team 2 (Offense), Team 3 ( Defense)</b>
12:00p	Lunch available for players & staff
12:00p - 1:00p	Closing remarks (players released to parents)
2:00p	Players traveling alone depart for airport