



CALIFORNIA SELECT TRAINING & COMPETITION (HS)

<i>Sunday, July 20, 2014</i>	
12:30p - 2:00p	Player check-in & Registration (uniform distribution & room assignments) - Engstrom Hall
12:30p - 1:30p	Lunch available in dining hall for players & staff
2:00p - 2:50p	Stretch Strength & Conditioning <i>Derek Wohlers</i> (APU)
3:00p - 3:15p	Throwing Program
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) - Wilden Lecture Hall
10:00p	Player curfew check-in
<i>Monday, July 21, 2014</i>	
7:30a - 8:30a	Breakfast
9:00a - 9:30a	Stretch & throwing program (Citrus)
9:30a - 9:45a	60 Yard Dash (ALL Players)
9:50a - 10:50a	Defensive workout: Catchers, Outfielders, Infielders
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	Batting practice: Group 1-LIVE, Group 2-CAGES (front toss/tee work), Group 3-Shag (rotate accordingly)
2:45p - 4:45p	Simulated Game (Grey vs. Navy) 4 innings
5:00p	Depart for Angel Stadium (dinner at game)
7:05p	Orioles vs Angels
11:00p	Player curfew check-in
<i>Tuesday, July 22, 2014</i>	
7:30a - 8:30a	Breakfast
9:00a - 9:30a	Stretch & throwing program (APU)
9:45a - 10:45a	Individual defensive stations (catchers infielders outfielders pitchers)
10:45a - 11:45a	Batting practice: Group 1-LIVE, Group 2-CAGES (front toss/tee work), Group 3-SHAG (rotate accordingly)

12:00p - 1:00p	Lunch
1:30p - 2:30p	Stations: Group 1-Situational defense, Group 2-Bunt coverage, Group 3-Team Defense
2:45p - 4:45p	Simulated Game (Grey vs. Navy)
5:00p - 6:00p	Dinner
7:00p - 8:00p	Hitting Presentation (Wilden Lecture Hall #111)
11:00p	Player curfew check-in
<i>Wednesday, July 23, 2014</i>	
7:30a - 8:30a	Breakfast
9:30a - 10:00a	Stretch & throwing program (Citrus)
10:00a - 10:30a	Batting practice: Group 1-LIVE, Group 2-CAGES (front toss/tee work), Group 3-SHAG (rotate accordingly)
10:30a - 10:45a	Infield/outfield
10:45a - 11:45a	Simulated Game (Grey vs. Red)
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