



## **2010 Baseball Spring Weekly Camp Schedule**

**DIRECTOR: KEN BOLEK**

**January 11 – May 28, 2010**

(Program: Monday - Friday)

### **Morning Schedule (Monday – Friday)**

9:45 AM	Vans / Bus Departs from the Academy to the Baseball Complex
10:00 AM – 12:00 AM	Practice at the Baseball Complex
12:00 PM	Vans / Bus Departs from the Baseball Complex to the Academy

### **Afternoon Schedule**

#### ***Monday, Wednesday, Thursday, Friday:***

12:15 PM – 1:00 PM	Lunch
1:15 PM	Vans / Bus Departs from the Academy to the Baseball Complex
1:30 PM – 4:00 PM	Practice at the Baseball Complex
4:00 PM	Vans / Bus Departs from the Baseball Complex to the Academy
4:15 PM – 5:30 PM	IPI @ the Weight Room or IPI @ the Workout Complex

#### ***Tuesday:***

12:15 PM – 1:00 PM	Lunch
1:30 PM – 2:30 PM	Mental Conditioning Session at the Sports Performance Center
2:45 PM	Vans / Bus Departs from the Academy to the Baseball Complex
3:00 PM – 5:30 PM	Practice at the Baseball Complex
5:30 PM	Vans / Bus Departs from the Baseball Complex to the Academy