



2010 Baseball Summer Schedule
DIRECTOR: KEN BOLEK

June 7 - August 13, 2010
(Program: Monday - Friday)

Morning Schedule (Monday – Friday)

7:00 AM – 8:00 AM	Breakfast
8:15 AM	Vans / Bus Departs from the Academy to the Baseball Complex
8:30 AM – 9:30 AM	Stretch, Throw, Skill Session
9:30 AM – 11:00 AM	Offensive Hitting
11:15 AM	Vans / Bus Departs from the Baseball Complex to the Academy

Lunch Schedule

Monday, Tuesday, Thursday, Friday:

11:30 AM – 12:30 PM	Lunch
12:45 PM – 1:30 PM	IPI - Mon – Nutrition (Sports Performance Center) Tues – Physical Conditioning (IPI Weight Room) Thurs – Physical Conditioning (IPI Weight Room) Fri – Physical Conditioning (IPI Weight Room)

Wednesday:

11:30 AM – 12:30 PM	Mental Conditioning Session at the Sports Performance Center
12:30 PM – 1:30 PM	Lunch

Afternoon Schedule (Monday – Friday Optional Game on Friday)

1:45 PM	Vans / Bus Departs from the Academy to the Baseball Complex
2:00 PM – 4:00 PM	Defense / Pitching
4:15 PM	Vans / Bus Departs from the Baseball Complex to the Academy
5:00 PM – 6:00 PM	Dinner