

IMG BASEBALL ACADEMY

HOLIDAY BASEBALL CAMP

DIRECTOR: KEN BOLEK

December 27th – 31st, 2012

(Program: Thursday – Monday)

Thursday Schedule

| | |
|-------------------|------------------------------------|
| 1:15 PM | Trams Depart to Baseball Complex |
| 1:30 PM | Meeting (Introductions) |
| 1:45 PM | Stretch/Run |
| 2:00 PM – 4:15 PM | Video Evaluations (Hitting Only) |
| 4:30 PM | Trams Depart from Baseball Complex |
| 6:00 PM – 7:00 PM | Dinner |

Friday - Sunday Schedule

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|---------------------|-------------------------------------|
| 7:00 AM – 8:00 AM | Breakfast |
| 8:15 AM | Trams Depart to Baseball Complex |
| 8:30 AM – 11:15 AM | Stretch, Agility, Offensive Hitting |
| 11:15 AM | Trams Depart from Baseball Complex |
| 11:30 AM – 12:45 PM | Lunch/Free Time |
| 12:45 PM – 1:45 PM | Strength Program @ IPI |
| 1:45 PM | Trams Depart to Baseball Complex |
| 2:00 PM – 3:00 PM | Stretch, Throw, Skill Session |
| 3:00 PM – 4:15 PM | Defense/Pitching (Pitching Videos) |
| 4:30 PM | Trams Depart from Baseball Complex |
| 6:00 PM – 7:00 PM | Dinner |

Monday Schedule

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|---------------------|------------------------------------|
| 7:00 AM – 8:00 AM | Breakfast |
| 8:15 AM | Trams Depart to Baseball Complex |
| 8:30 AM – 9:00 AM | Pre-Game |
| 9:00 AM – 11:15 AM | Academy Games |
| 11:15 AM | Trams Depart from Baseball Complex |
| 11:30 AM – 12:30 PM | Lunch/Check Out |