



2012 Baseball Spring Camp Schedule
DIRECTOR: KEN BOLEK

January 9 – May 25, 2012

(Program: Monday - Friday)

Morning Schedule (Monday – Friday)

9:45 AM	Tram from the Academy to the Baseball Complex
10:00 AM – 12:00 AM	Practice at the Baseball Complex
12:00 PM	Tram from the Baseball Complex to the Academy

Lunch Schedule (Monday – Friday)

12: 15 PM – 1:15 PM	Lunch
---------------------	-------

Afternoon Schedule (Monday – Friday)

1:30 PM	Tram from the Academy to the Baseball Complex
2:00 PM – 4:00 PM	Defense / Pitching
4:05 PM	Tram from the Baseball Complex to the Academy
4:30 PM – 5:30 PM	IPI - Mon – Physical Conditioning (IPI Weight Room) Tues – Speed Movement out at Baseball Fields (1:30pm – 2:30pm) Wed – Physical Conditioning (IPI Weight Room) Thurs – Mental Conditioning (Sports Performance Center) Fri – Physical Conditioning (IPI Weight Room)
5:30 PM – 6:30 PM	Dinner