

PITCHING CAMP/CLINIC SESSION 1

FRIDAY, JANUARY 27, 2017

4:00pm	Doors Open - Registration/Check-in	<i>Main entrance</i>	<i>Caven-Williams</i>
4:40pm	Welcome	<i>Caven-Williams</i>	<i>Van Tol</i>
4:45pm	“Trust Your Battery”	<i>Caven-Williams</i>	<i>Mason/Price</i>
5:10pm	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	<i>van Kampen/Jaeger</i>

5:20pm **6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS** (30 mins/station)

CONDITIONING	“Bands & Flexibility”	<i>Caven-Williams</i>	<i>van Kampen/Jaeger</i>
THROWING PROGRAM	“With a Purpose”	<i>Caven-Williams</i>	<i>Mason/Proszek Kertenian</i>
VIDEO	“Make it your Own”	<i>Caven-Williams</i>	<i>Perry</i>
PICK-OFF’S	“When to show your Hand”	<i>Caven-Williams</i>	<i>Cole/Bobrowski</i>
PITCHERS PFP’S	“Defend your Position”	<i>Caven-Williams</i>	<i>Barto/Kerns</i>
PITCHES & GRIPS	“Spin, Movement & Speeds”	<i>Caven-Williams</i>	<i>Wainhouse/Wagner</i>

8:25pm	Curfew Check	<i>Caven-Williams</i>	<i>Alamo</i>
8:30pm	Session 1 Complete	<i>Caven-Williams</i>	<i>Van Tol</i>

PITCHING CAMP/CLINIC SESSION 2

SATURDAY, JANUARY 28, 2017

8:45am	Doors Open	<i>Main entrance</i>	<i>Caven-Williams</i>
9:00am	Wake Up Call	<i>Caven-Williams</i>	Wright
9:10am	“A Hitter’s View”	<i>Caven-Williams</i>	Burg
9:30am	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	van Kampen/Jaeger

9:40am **5 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS** (30 mins/station)

CONDITIONING	“Core Strength”	<i>Caven-Williams</i>	van Kampen/Jaeger
THROWING PROGRAM	“Your Daily Routine”	<i>Caven-Williams</i>	Mason/Proszek Kertenian
PITCHERS PFP’S	“Game Speed”	<i>Caven-Williams</i>	Barto/Bobrowski
RUNNING GAME	“You Control It”	<i>Caven-Williams</i>	Cole/Perry
BACKING UP	“Don’t be a Spectator”	<i>Caven-Williams</i>	Wainhouse/Wagner

12:15pm	Session 2 Complete	<i>Caven-Williams</i>	Van Tol
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PITCHING CAMP/CLINIC SESSION 3

SATURDAY, JANUARY 27, 2017

12:45pm Story Time *Caven-Williams* **Perry**

12:55pm “Game Day” It’s Why We Play *Caven-Williams* **Wagner/Carhart**

1:20pm *6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS (30 mins/station)*

VIDEO ANALYSIS	“Breaking it Down”	<i>Classroom</i>	Mason/Wainhouse Proszek/Bobrowski Perry
DRILLS	“Specific for You”	<i>Caven-Williams</i>	Kertenian/Cole Barto/Wagner Kerns
THE BIG LEAGUES	“The Road to Wrigley”	<i>Foyer</i>	Hopkins
PITCHERS PFP’S	“Daily Routine”	<i>Caven-Williams</i>	Van Tol
CONDITIONING	“Arm Care & Flush”	<i>Caven-Williams</i>	van Kampen/Paul
ARM CARE	“The Goal is to avoid Surgery”	<i>Training Room</i>	Scheffel

4:30pm Session 3 Complete *Caven-Williams* **Van Tol**

PITCHING CAMP/CLINIC SESSION 4

SATURDAY, JANUARY 27, 2017

4:50pm Story Time *Caven-Williams* **Bobrowski**

5:00pm **5 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS** (30 mins/station)

CONDITIONING	“Jaeger Bands”	<i>Caven-Williams</i>	van Kampen/Jaeger
PITCHERS PFP’S	“Take Pride in your Work”	<i>Caven-Williams</i>	Barto/Proszek
95% RULE	“It separates the men from the boys”	<i>Caven-Williams</i>	Mason/Wainhouse Perry/Bobrowski Wagner
THE PROCESS	“Exposure or Exposed”	<i>Training Room</i>	Kertenian/Cole
NUTRITION	“A Difference Maker”	<i>Classroom</i>	Horton-Brown

7:40pm Live Bullpen “Unplugged” *Caven-Williams* **Wagner**

8:15pm Curfew Check *Caven-Williams* **Proszek**

8:25pm Sunday’s Schedule *Caven-Williams* **Van Tol**

8:30pm Session 4 Complete *Caven-Williams* **Van Tol**

PITCHING CAMP/CLINIC SESSION 5

SUNDAY, JANUARY 29, 2017

11 Groups of 6 Pitchers x 6 Rotations (25 minutes per rotation)

*	BIG LEAGUE ROUTINES	<i>Classroom</i>	van Kampen
*	DYNAMIC WARM UP	<i>Caven-Williams</i>	Wagner
*	THROWING PROGRAM	<i>Caven-Williams</i>	Mason
*	“GAME DAY” LIVE PENS	<i>Caven-Williams</i>	Cole/Kertenian/Barto Wainhouse
*	COOL DOWN	<i>Caven-Williams</i>	Jaeger
*	FLUSH	<i>Caven-Williams</i>	Paul

<u>Group #</u>	<u>Arrival</u>	<u>Clock Starts</u>	<u>Bull Pen</u>	<u>Dismissed</u>
Group #1	7:50am	8:00am	9:15am	10:30am
Group #2	8:15am	8:25am	9:40am	10:55am
Group #3	8:40am	8:50am	10:05am	11:20am
Group #4	9:05am	9:15am	10:30am	11:45am
Group #5	9:30am	9:40am	10:55am	12:10pm
Group #6	9:55am	10:05am	11:20am	12:35pm
Group #7	10:20am	10:30am	11:45am	1:00pm
Group #8	10:45am	10:55am	12:10pm	1:25pm
Group #9	11:10am	11:20am	12:35pm	1:50pm
Group #10	11:35am	11:45am	1:00pm	2:15pm
Group #11	12:00pm	12:10pm	1:25pm	2:40pm

CATCHING CAMP/CLINIC SESSION 1

FRIDAY, JANUARY 27, 2017

4:00pm	Doors Open - Registration/Check-in	<i>Main entrance</i>	<i>Caven-Williams</i>
4:40pm	Welcome	<i>Caven-Williams</i>	<i>Van Tol</i>
4:45pm	“Trust Your Battery?”	<i>Caven-Williams</i>	<i>Mason/Price</i>

5:10pm *TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS*

5:10pm	INTRODUCTIONS & PLAN OF THE NIGHT	<i>Caven-Williams</i>	<i>Price/Alamo Carhart/Burg Wright</i>
5:15pm	WARM UP & THROWING PROGRAM	<i>Caven-Williams</i>	<i>Price (Staff)</i>
5:30pm	STANCES & RECEIVING	<i>Caven-Williams</i>	<i>Price (Staff)</i>
6:30pm	BLOCKING	<i>Caven-Williams</i>	<i>Price (Staff)</i>
7:30pm	FOOT WORK & THROWING	<i>Caven-Williams</i>	<i>Price (Staff)</i>

8:25pm	Curfew Check	<i>Caven-Williams</i>	<i>Alamo</i>
8:30pm	Session 1 Complete	<i>Caven-Williams</i>	<i>Van Tol</i>

CATCHING CAMP/CLINIC SESSION 3

SATURDAY, JANUARY 27, 2017

12:45pm Story Time *Caven-Williams* **Perry**
12:55pm “Game Day” It’s Why We Play *Caven-Williams* **Wagner/Carhart**

1:20pm *TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS*

1:20pm	WARM UP/FLEXIBILITY	<i>Caven-Williams</i>	Alamo/Carhart
1:30pm	THROWING PROGRAM	<i>Caven-Williams</i>	Price (Staff)
1:40pm	VIDEO DEFENSIVE SKILLS	<i>Caven-Williams</i>	Price
	LIVE TAPE	<i>Caven-Williams</i>	Catching Staff
	DRY FOOTWORK & EXCHANGES	<i>Caven-Williams</i>	Catching Staff
	1ST & 3RD / PITCHOUTS	<i>Caven-Williams</i>	Catching Staff
2:45pm	DRILL SESSION CHAPTER #2	<i>Caven-Williams</i>	Price
	RECEIVING	<i>Caven-Williams</i>	Catching Staff
	BLOCKING	<i>Caven-Williams</i>	Catching Staff
	FUNDAMENTAL	<i>Caven-Williams</i>	Catching Staff
	FUNDAMENTAL	<i>Caven-Williams</i>	Catching Staff

4:30pm Session 3 Complete *Caven-Williams* **Van Tol**

CATCHING CAMP/CLINIC SESSION 4

SATURDAY, JANUARY 27, 2017

4:50pm	Story Time	<i>Caven-Williams</i>	Bobrowski
5:00pm	Nutrition vs Performance	<i>Classroom</i>	Horton-Brown

5:30pm *TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS*

5:30pm	WARM UP/FLEXIBILITY	<i>Caven-Williams</i>	Alamo/Carhart
5:40pm	DRILL SESSION CHAPTER #3	<i>Caven-Williams</i>	Price
	RECEIVING	<i>Caven-Williams</i>	Catching Staff
	BLOCKING	<i>Caven-Williams</i>	Catching Staff
	THROWING	<i>Caven-Williams</i>	Catching Staff
	FUNDAMENTAL	<i>Caven-Williams</i>	Catching Staff
6:40pm	HITTING FUNDAMENTALS	<i>Caven-Williams</i>	Burg
6:55pm	HITTING DRILLS	<i>Caven-Williams</i>	Catching Staff
	HITTING DRILLS	<i>Caven-Williams</i>	Catching Staff
	HITTING DRILLS	<i>Caven-Williams</i>	Catching Staff
	HITTING DRILLS	<i>Caven-Williams</i>	Catching Staff
	HITTING DRILLS	<i>Caven-Williams</i>	Catching Staff

8:15pm	Curfew Check	<i>Caven-Williams</i>	Proszek
8:25pm	Sunday's Schedule	<i>Caven-Williams</i>	Van Tol
8:25pm	Session 4 Complete	<i>Caven-Williams</i>	Van Tol

CATCHING CAMP/CLINIC SESSION 5

SUNDAY, JANUARY 31, 2016

5 Groups of 6 x 10 Rotations for Catchers (25 minutes per rotation)

*	Video Analysis	<i>Training Room</i>	Alamo/Price/Burg Carhart
*	Dynamic Warm Up	<i>Caven-Williams</i>	Wagner
*	Throwing Program	<i>Caven-Williams</i>	Mason
*	“Game Day” Live Bullpens	<i>Caven-Williams</i>	Van Tol/Wright
*	Hitting	<i>Caven-Williams</i>	Burg
*	Defensive Fundamentals & Drills	<i>Caven-Williams</i>	Carhart
*	Defensive Fundamentals & Drills	<i>Caven-Williams</i>	Price
*	Throwing Program	<i>Caven-Williams</i>	Mason
*	“Game Day” Live Bullpens	<i>Caven-Williams</i>	Van Tol/Wright
*	Conditioning	<i>Caven-Williams</i>	Jaeger

<u>Group #</u>	<u>Arrival</u>	<u>Clock Starts</u>	<u>Bull Pen</u>	<u>Bull Pen</u>	<u>Dismissed</u>
Group #1	7:50am	8:00am	9:15am	11:20am	12:10pm
Group #2	8:15am	8:25am	9:40am	11:45am	12:35pm
Group #3	8:40am	8:50am	10:05am	12:10pm	1:00pm
Group #4	9:05am	9:15am	10:30am	12:35pm	1:25pm
Group #5	9:30am	9:40am	10:55am	1:00/ 1:25pm	2:15pm

(GROUP #5 WILL CATCH BULLPENS FOR THE LAST GROUP OF PITCHERS BEFORE CONDITIONING)