

# Morning

Time	Who?	Where?	What?
07:30 - 08:30	Breakfast		
08:30 - 09:00	Walking to the GYM		
09:15 - 09:40	PL	GYM	Entire group dynamic warming up (Elisa)
09:45 - 10:15	PP	Gym BLOCK #1	<b>Primary PITCHERS</b> - Pitching session (Marjolein / Greta)
	PC		<b>Primary CATCHERS</b> - Hitting session (Jeroen/ Fernando)
	PF		<b>Infielders/Outfielders Group</b> - Skills session (Craig/ Elisa)
10:15 - 11:00	PP	Gym BLOCK #2	<b>Primary PITCHERS</b> - Pitching session (Marjolein / Greta)
	PC		<b>Primary CATCHERS</b> - Hitting session (Jeroen/ Fernando)
	PF		<b>Infielders/Outfielders Group</b> - Skills session (Craig/ Elisa)
11:00 - 11:10	Break		
11:10 - 11:40	PP	Gym BLOCK #3	<b>Primary PITCHERS</b> - Hitting session (Jeroen/Greta)
	PC		<b>Primary CATCHERS</b> - Catching session (Elisa/ Fernando)
	PF		<b>Infielders/Outfielders Group</b> - Skills session (Craig/ Marjolein)
11:40 - 12:10	PP	Gym BLOCK #4	<b>Primary PITCHERS</b> - Hitting session (Jeroen/Greta)
	SP		<b>Primary CATCHERS</b> - Catching session (Elisa/ Fernando)
	SC		<b>Infielders/Outfielders Group</b> - Skills session (Craig/ Marjolein)
12:10 - 12:30	All groups together - funtivity competition		

# Afternoon

Time	Who?	Where?	What?
12:30 - 13:45	Lunch in Gym		
13:45 - 14:05	PL + SC	Gym	Warming up
14:05 - 14:15	PL + SC	Gym	Throwing to get loose
14:15 - 14:45	PL + SC	Gym	Throwing drills and skills (Craig)
15:00 - 15:30	PP	Gym BLOCK #5	<b>Primary PITCHERS</b> - Pitching session with catchers (Marjolein/Greta)
	SP		<b>Primary CACTHERS</b> - Catching session with Pitchers (Elisa/Fernando/Marta)
	SC		<b>Infielders/Outfielders Group</b> - Hitting session (Paul/Jeroen)
15:30 - 16:00	PP	Gym BLOCK #5	<b>Primary PITCHERS</b> - Pitching session with catchers (Marjolein/Greta)
	SP		<b>Primary CACTHERS</b> - Catching session with Pitchers (Elisa/Fernando/Marta)
	NON		<b>Infielders/Outfielders Group</b> - Hitting session (Paul/Jeroen)
16:00 - 16:05	Break		
16:05 - 16:50	PL Group A	Gym	<b>GROUP A</b> - Baserunning
	SP		<b>GROUP B</b> - Defensive situations
16:50 - 17:00	Break		
17:00 - 17:45	PL + SC	Gym	<b>GROUP A</b> - Defensive situations
	PL + SC		<b>GROUP B</b> - Baserunning
18:00 - 18:30	Walk to Hotel		

# Evening

Time	Who?	Where?	What?
18:30 - 19:30	Dinner		
19:30 - 20:30	PL	Hotel	GROUP A - Mental Training
	PL		GROUP B - ??
19:30 - 21:00	SC		Shadow coaches - Mental Training session
20:30 - 21:30	PL		GROUP A -
	PL		GROUP B - Mental Training
21:30 - 22:00	PL + SC		EBSCA funtivity
22:00 - 23:00	ALL	Social time for EBSCA campers & EBSCA staff	
23:00	PL	Players to their rooms	
23:30	PL	Players lights out	