

Morning

Time	Who?	Where?	What?
07:30 - 08:30	Breakfast		
08:30 - 09:00	Walking to the GYM		
09:00 - 09:30	PL	GYM	Entire group dynamic warming up (Elisa)
09:00 - 10:30	SC	GYM	Shadow coaches - Let's Talk Pitching (Greta / Marjolein)
09:30 - 10:30	PP	Gym BLOCK #1	Primary PITCHERS - Hitting session (Paul)
	PC		Primary CATCHERS - Blocking session (Elisa / Fernando)
	PF		Infielders/Outfielders Group - Skills session (Jeroen / Marta)
10:30 - 11:30	PP	Gym BLOCK #2	Primary PITCHERS - Pitching session (Marjolein / Greta)
	PC		Primary CATCHERS - Hitting session (Paul) + Game plan (Fernando / Elisa)
	PF		Infielders/Outfielders Group - Skills session (Jeroen / Marta)
11:30 - 12:30	PP / PC	Gym BLOCK #3	Primary PITCHERS + Primary CATCHERS - Live pitching session (Marjolein/Greta/Fernando/Elisa)
	SC		Shadow Coaches - Role of the coach (Craig)
	PF		Infielders/Outfielders Group - Hitting (Paul/Jeroen/ Marta)

Afternoon & Evening

Time	Who?	Where?	What?
12:30 - 13:30	Lunch in Gym		
13:30 - 14:00	ALL	Gym	Warming up + Reaction Battle
14:00 - 18:00	ALL	Gym BLOCK #4	Hitting session with Paul
			Short Game (Elisa/Marta)
			Offensive and Defensive scrimmage (Craig)
18:00 - 18:30	Walk to Hotel		
18:30 - 20:00	Dinner		
20:00 - 21:00	ALL	Q&A	
21:00 - 22:00	ALL	EBSCA Funtivity	
22:00 - 23:00	PL	Social time for EBSCA Campers	
23:30	PL	Lights out	