FUTURES SUNDAY SCHEDULE

	INTRO	TEAM 1	TEAM 2	TEAM 3	TEAM 4
10:00 - 10:10	INTRO				
COACH		Raymond Interthal	Ronald Lantzy	Luciano	Jim Pries
10:15 - 10:35		BASE RUNNING FIELD 2	BASE RUNNING FIELD 2	BASE RUNNING FIELD 2	BASE RUNNING FIELD 2
10:40 - 11:00		TEES/BUNT CAGE 1	TEES/BUNT CAGE 2	TEES/BUNT CAGE 3	TEES/BUNT CAGE 4
11:05 - 11:25		MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2
11:30 - 11:50		LUNCH	LUNCH	LUNCH	LUNCH
11:55 -12:15		WARM UP THROW FIELD 2	WARM UP THROW FIELD 2	WARM UP THROW FIELD 2	WARM UP THROW FIELD 2
12:20 - 12:40		POSITION WORK P, C, 1B, 3B Field 1 OF, SS, 2B - Field 2	POSITION WORK P, C, 1B, 3B Field 1 OF, SS, 2B - Field 2	POSITION WORK P, C, 1B, 3B Field 1 OF, SS, 2B - Field 2	POSITION WORK P, C, 1B, 3B Field 1 OF, SS, 2B - Field 2
12:45 - 1:15		MEASURE Sprint, throw, zepp	MEASURE Throw, zepp, sprint	MEASURE Throw, zepp, sprint	MEASURE Zepp, sprint, throw
1:20 - 1:50		HIT IN CAGE 1	HIT IN CAGE 2	HIT IN CAGE 3	HIT IN CAGE 4
1:55 - 2:25		FRONT TOSS Field 1 vs Team 2 Home	FRONT TOSS Field 1 vs Team 1 Visitor	FRONT TOSS Field 2 vs Team 4	FRONT TOSS Field 2 vs Team 3

FUTURES SUNDAY SCHEDULE

Time		TEAM 5	TEAM 6	TEAM 7	TEAM 8
10:00 - 10:10	INTRO				
COACH		Chris Mason	Maddy Grimm	Kim Kirkpatrick	Erika Warren
10:15 - 10:35		TEES/BUNT CAGE 1	TEES/BUNT CAGE 2	TEES/BUNT CAGE 3	TEES/BUNT CAGE 4
10:40 - 11:00		BASE RUNNING FIELD 2	BASE RUNNING FIELD 2	BASE RUNNING FIELD 2	BASE RUNNING FIELD 2
11:05 - 11:25		MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2	MENTAL TRAIN FIELD 2
11:30 - 11:50		WARM UP THROW FIELD 2	WARM UP THROW FIELD 2	WARM UP THROW FIELD 2	WARM UP THROW FIELD 2
11:55 -12:15		POSITION WORK FIELD 1	POSITION WORK FIELD 1	POSITION WORK FIELD 1	POSITION WORK FIELD 1
12:20 - 12:40		LUNCH	LUNCH	LUNCH	LUNCH
12:45 - 1:15		HIT LIVE CAGE 1	HIT LIVE CAGE 2	HIT LIVE CAGE 3	HIT LIVE CAGE 4
1:20 - 1:50		FRONT TOSS Field 1 vs Team 6 Home	FRONT TOSS Field 1 vs Team 5 Visitor	FRONT TOSS Field 2 vs Team 8 Home	FRONT TOSS Field 2 vs Team 7 Visitor
1:55 - 2:25		MEASURE Sprint, throw, zepp	MEASURE Throw, zepp, sprint	MEASURE Throw, zepp, sprint	MEASURE Zepp, sprint, throw