

QDF SELECT - SAT NIGHT

5:15 - 5:25	INTRODUCTIONS			
5:25 - 5:40	STRETCH - ALL 16 TEAMS ON FIELD - Kris			
5:40 - 6:10	TEAMS 1 - 8 WARM UP ON FIELD	TEAMS 9 - 16 SPRINT + HIT TECHNIQUE		
	P + C on Field 1	ON TRACK	Kris Lewandoski	
	INF + OF on Field 2	Hit tech	Bill Graham	
6:10 - 6:40	TEAMS 9 - 16 WARM UP ON FIELD	TEAMS 1 - 8 SPRINT + HIT TECHNIQUE		
	P + C on Field 1	Sprint tech	Kris Lewandoski	
	INF + OF on Field 2	Hit tech	Bill Graham	
ROTATIONS	FRONT TOSS	MENTAL TRAIN	HIT IN CAGE	SPRINT, THROW, BAT SPEED
6:45 - 7:25	TEAMS 9 - 12	TEAMS 13 - 16	TEAMS 1 - 4	TEAMS 5 - 8
	Team 9 vs 10 on Field 1		Cage 1 Team 1	Team 5 - sprint / throw, zepp
	Team 11 vs 12 on Field 2		Cage 2 Team 2	Team 6 - sprint /zepp, throw
			Cage 3 Team 3	Team 7 - throw, zepp/sprint
			Cage 4 Team 4	Team 8 - zepp, throw/ sprint
7:30 - 8:10	TEAMS 13 - 16	TEAMS 9 - 12	TEAMS 5 - 8	TEAMS 1 - 4
	Team 13 vs 14 on Field 1		Cage 1 Team 5	Team 1 - sprint / throw, zepp
	Team 15 vs 16 on Field 2		Cage 2 Team 6	Team 2 - sprint /zepp, throw
			Cage 3 Team 7	Team 3 - throw, zepp/sprint
			Cage 4 Team 8	Team 4 - zepp, throw/ sprint
8:15 - 8:55	TEAMS 1 - 4	TEAMS 5 - 8	TEAMS 9 - 12	TEAMS 13 - 16
	Team 1 vs 2 on Field 1		Cage 1 Team 9	Team 13 - sprint / throw, zepp
	Team 3 vs 4 on Field 2		Cage 2 Team 10	Team 14 - sprint /zepp, throw
			Cage 3 Team 11	Team 15 - throw, zepp/sprint
			Cage 4 Team 12	Team 16 - zepp, throw/ sprint
9:00 - 9:40	TEAMS 5 - 8	TEAMS 1 - 4	TEAMS 13 - 16	TEAMS 9 - 12
	Team 5 vs 6 on Field 1		Cage 1 Team 13	Team 9 - sprint / throw, zepp
	Team 7 vs 8 on Field 2		Cage 2 Team 14	Team 10 - sprint /zepp, throw
			Cage 3 Team 15	Team 11 - throw, zepp/sprint
			Cage 4 Team 16	Team 12 - zepp, throw/ sprint