

THE 2017 FASTPITCH PROSPECT CAMP

Bulls Sox Training Academy Glen Ellyn
Ackerman Sports and Fitness Center

800 St. Charles Road

Glen Ellyn, IL 60137

Saturday, November 18th Schedule



November 18th: College Coaches/Players Camp

9:00am

Check-In/Warm-up

9:30am-10:00am

Recruiting Q&A – ALL

10:00am-10:30am

Hitting- Pro-Agility Time Left/Right

10:30am-11:00am

Infield Drills

11:00am-11:30am

Outfield Drills

11:30am-12:00pm

Measurables:

20 yd. Dash, Broad Jump, Exit Velocity, Arm Speed

← **12:00am-12:30pm** →

Lunch (on your own)

← **12:30pm** →

Infielder Warm-up

12:45pm-1:30pm

Infielders Defensive Showcase

← **1:15pm** →

Outfielders Warm-up

1:30pm-2:00pm

Outfield Defensive Showcase

← **2:00pm-3:00pm** →

Infielders & Outfielders Offensive Showcase

← **2:30pm** →

Pitchers & Catchers Warm-up

3:00pm-3:30pm

Catchers Showcase

3:30pm-4:30pm

Pitchers & Catchers Showcase

4:30pm-5:00pm

Pitchers & Catchers Offensive Showcase

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