



2018 August - Road To Omaha Prospect Camp

Prospect Camp Schedule

Saturday August 18th

- 5:00pm – 6:00pm Camp Registration @ Schoonover Stadium
- 6:00pm – 6:10pm Camp Opening Behind HomePlate
1. Welcome Coach Duncan
2. Dismiss players at 6:10 w/ Coach Simmons
- 6:15pm - 6:30pm Dynamic Warm Up (STRETCH)
-After Stretch Teams 1 & 2 - Get Arms Loose
-After Stretch Teams 3 & 4 - Prepare for 60's/5-10-5 in LF
- 6:40pm - 7:05pm
TEAMS 1 & 2 Pro Style Workout
TEAMS 3 & 4 60's/5-10-5 – Get Arms Loose at 6:55pm in RF
- 6:40pm - 7:30pm Primary Pitchers Lecture/PFP w/ Coach Birkbeck in LF/Bullpen
- 7:05pm - 7:30pm
TEAMS 1 & 2 60's/5-10-5
TEAMS 3 & 4 Pro Style Workout
- 7:35pm - 7:45pm Water Break/Get Ready for Offensive Stations
- 7:45pm - 9:00pm Offensive Workout/Instruction
1. BP – Shag – Cage (Exit Velo & Front Toss) – Bunt (Behind Homeplate)
2. TEAM 1 (BP) – TEAM 2 (SHAG) – TEAM 3 (Cages) – TEAM 4 (Bunt)

*60 Times –
5-10-5 Times -
Evaluations –*

Offensive Segment
*BP-
Bunt Station-
Front Toss-
Bat Exit Velo-
BP Evaluators-*

Sunday August 19th

- 9:15am Arrival of campers
- 9:30am-10:30am TEAM 1 & TEAM 2 - BP in Hitting Facility/Warm Up/In & Out
TEAM 3 vs TEAM 4 - Recruiting Talk/Tour w/ Birkbeck
- 10:30am-12:30am GAME – TEAM 1 vs. TEAM 2
- 10:45am - 12:00pm LUNCH – TEAM 3 & Team 4
- 12:15pm - 1:00pm TEAM 3 & 4 BP in Hitting Facility



Games
*Behind Home-
Team 1 -
Team 2 -
Team 3 -
Team 4 -*

Coaches inning by inning positions are in your packets. Make sure relief pitchers are in the bullpen throwing an inning prior to when they are pitching w/ bullpen catcher

12:45pm - 1:30pm

TEAM 1 & TEAM 2 – Recruiting Talk/Tour w/ Birkbeck
- Dismiss Players After Tour

1:30pm - 2:00pm

TEAM 3 & TEAM 4 – Warm Up/In and Out

2:00pm - 4:00pm

GAME – TEAM 3 vs. TEAM 4