

WINTER ELITE PROSPECT CLINIC

Clinic Schedule:

Clinic Activities	
8:30a-9:00a	Check in (Jadwin Lobby)
9:00a-9:30a	Intros/Dynamic Warmup
9:30a-11:00a	Position Specific Instruction/Hitting
11:00a-12:00p	Competitions
12:00p-1:00p	Lunch - (bring your own)
1:00p-2:00p	Defensive Evaluations and 60 yd. dash
2:00p-3:00p	Hitting Evaluations
3:00p-4:00p	Bullpens