



Glastonbury Camp BUTLER FIELD

JULY 25-28 2005

MORNING SESSION SCHEDULE: Ages 10-12

9:00 - 9:15	Warm Up/ Stretch
9:15- 10:00	Throwing Mechanics
10:00- 11:30	Stations: [INF; OF; Hitting; Pitching]
11:30 - 11:45	Snack Break
11:45 - 12:00	Base running/ Review of day

AFTERNOON SESSION SCHEDULE: Ages 8-10

1:00-1:15	Warm Up/ Stretch
1:15-2:00	Throwing Mechanics
2:00-3:30	Stations: [INF; OF; Hitting; Pitching]
3:30-3:45	Snack Break
3:45-4:00	Base running/ Review of day