

# 2024 Lumberjack High School Camp

- 1) Welcome – (10 am)
  - Check in
  - Explain camp and activities
- 2) Stretch (10:15)
- 3) 60 times (10:30)
  - 2 times, in pairs
  - Catchers > OF > IF
  - Catcher warm up after 60's
- 4) Catchers: (10:40)
  - 3 Frames
  - 3 pop times to 2B
  - OF warm up after 60's
- 5) OF: (11:00)
  - 3 Throws to home from RF w/ Radar
  - IF warm up after 60's
  - OF drills after throws
  - Pitchers warm up
- 6) IF: (11:20)
  - 4 balls (straight, forehand, backhand, runner) w/ radar @1B
  - 2 double-play balls
  - IF drills (if time allows)
- 7) Pitchers: (11:20)
  - Bullpens during IF (10-20 pitches off rapsodo)
  - 2-ways mix in outside of position work
- 8) Hitting:(Noon)
  - 3 group rotation
    1. Hitting on-field BP (2 rounds of 8)
    2. Shagging
    3. Rapsodo data in shack (3 rounds of 5 Swings)
- 9) Possible scrimmage/ live at-bats against Northland Pitchers (1-2:30)
  - If we have enough camp participants