



Junior Day National Central Region Team (White)

Friday, August 9th

6:00pm Check in in the Adele H. Stamp Center at the University of Maryland
7:00pm Discussion on College Development and Recruiting in the Gallery Ball Room

Saturday, August 10th

8:45am Individual Team Discussion

9:15am Central Region Team (White) stretch
9:30am 60 yard dash instruction and timing
9:45am Throwing
10:00am Defensive Evaluations
- Throwing Accuracy
- Throwing Velocity
- Catcher Pop Times

10:25am Batting Practice

11:05am Break
12:00pm Report back to stadium for game prep
1:00pm Game vs West Region Team
3:30pm Break
6:00pm Game vs West Region

Sunday, August 11th

10:30am Game Prep
11:30am Game vs West Region Team
2:00pm Game vs East Region Team
4:30pm Conclude Event