



Junior Day National East Region Team (Red)

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

8:15am East Region Team (Red) stretch
8:30am 60 yard dash instruction and timing
8:45am Throwing
8:55am Defensive Evaluations
- Throwing Accuracy
- Throwing Velocity
- Catcher Pop Times

9:20am Batting Practice

10:00am Individual Team Discussion
10:30am Break
12:00pm Report back to stadium for game prep
1:00pm Game vs Central Region Team
3:30pm Game vs West Region Team
6:00pm Conclude day one

Sunday, August 11th

8:00am Game Prep
9:00am Game vs West Region Team
11:30am Break
1:00pm Report back to stadium for game prep
2:00pm Game vs Central Region Team
4:30pm Conclude Event