



## Junior Day National West Region Team (Blue)

### Friday, August 9<sup>th</sup>

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 10<sup>th</sup>

10:20am West Region Team (Blue) stretch  
10:35am 60 yard dash instruction and timing  
10:50am Throwing  
11:05am Defensive Evaluations  
- Throwing Accuracy  
- Throwing Velocity  
- Catcher Pop Times  
  
11:25am Batting Practice  
  
12:05pm Individual Team Discussion  
  
12:35am Break  
  
2:30pm Report back to stadium for game prep  
3:30pm Game vs East Region Team  
6:00pm Game vs Central Region Team

### Sunday, August 11<sup>th</sup>

8:00am Game Prep  
9:00am Game vs East Region Team  
11:30am Game vs Central Region Team  
2:00pm Conclude Event