

ST FRANCIS XAVIER BASEBALL ACADEMY SPRING TRAINING
THURSDAY, APRIL 21st, 2011
DAY 1



Time

8:00 AM Departure from St.Francis Xavier High School

9:00 PM Expected Arrival in Langley

10:00 PM Check -in Sandman Hotel - 8855 - 202 Street

11:00 PM Room Check/Curfew

ST FRANCIS XAVIER BASEBALL ACADEMY SPRING TRAINING
 FRIDAY, APRIL 22nd, 2011
 DAY 2



| <u>Time</u> | <u>Location</u> | <u>Equipment needed</u> |
|----------------------------------|--|-------------------------|
| 7:00 AM Breakfast - Players Only | Sandman Hotel | |
| 7:45 AM Leave for Ballpark | McLeod Park | |
| 8:30 AM Stretch & Exercise | Left Field Line | Cones |
| 8:45 AM Throwing Program | Left Field Line | |
| Pitchers | All Coaches | Cones |
| Position Players | | Cones |
| 9:15 AM Team Fundamentals | | |
| 10:00 AM Group Fundamentals | Pitchers/Catchers | Randall |
| | Infield/Outfielders | Bromley |
| 10:30 AM Staff Batting Practice | | (Cages if wet) |
| 12:00 PM Back to Sandman Hotel | | |
| 12:30 PM Lunch | | |
| 2:30 PM Leave for Ballpark | Parkgate Ball Park | |
| 3:30 PM In and Out | | |
| 6:00 PM | GAME VS NORTHSORE TWINS BANTAM AAA @ PARKGATE BALLPARK | |
| 9:30 PM Late Snack | | |
| 10:30 PM Room Check/Curfew | | |

ST FRANCIS XAVIER BASEBALL ACADEMY SPRING TRAINING
SATURDAY, APRIL 23rd, 2011
DAY 3



| <u>Time</u> | <u>Location</u> | <u>Equipment needed</u> |
|----------------------------------|---|-------------------------|
| 7:00 AM Breakfast - Players Only | Sandman hotel | |
| 8:30 AM Leave for Ballpark | Hillcrest Park | |
| 10:00 AM Stretch & Exercise | Left Field Line | Cones |
| 10:45 AM Throwing Program | Left Field Line | |
| Pitchers | All Coaches | Cones |
| Position Players | | Cones |
| 11:30 AM In and Out | | |
| 12:00 PM | GAME VS VANCOUVER MOUNTIES @ HILLCREST PARK | |
| 3:00 PM | GAME VS VANCOUVER MOUNTIES @ HILLCREST PARK | |
| 6:00 PM Dinner | | |
| 10:30 PM Room Check/Curfew | | |

ST FRANCIS XAVIER BASEBALL ACADEMY SPRING TRAINING
SUNDAY, APRIL 24TH, 2011
DAY 4



| <u>Time</u> | <u>Location</u> | <u>Equipment needed</u> |
|----------------------------------|--|-------------------------|
| 6:30 AM Breakfast - Players Only | Sandman hotel | |
| 7:00 AM Leave for Ballpark | Cloverdale Ballpark | |
| 7:45 AM Stretch & Exercise | Left Field Line | Cones |
| 8:00 AM Throwing Program | Left Field Line | |
| Pitchers | All Coaches | Cones |
| Position Players | | Cones |
| 8:30 AM | GAME VS CLOVERDALE BANTAM AAA @ CLOVERDALE BALLPARK | |
| 8:30 AM | GAME VS CLOVERDALE PEE WEE AAA @ CLOVERDALE BALLPARK | |
| 11:00 AM | GAME VS CLOVERDALE BANTAM AAA @ CLOVERDALE BALLPARK | |
| 11:00 AM | GAME VS CLOVERDALE PEE WEE AAA @ CLOVERDALE BALLPARK | |
| 2:00 PM Leave for Edmonton | | |

ST FRANCIS XAVIER BASEBALL ACADEMY SPRING TRAINING
MONDAY, APRIL 25th, 2011
DAY 5



Time

6:00 AM Arrive Home @ St. Francis Xavier H. S.