



# FALL SCHEDULE SACRAMENTO - 2019



**COMPLETE FALL SCHEDULE BELOW**

## FALL DETAILS & OVERVIEW

- **COST** - \$75 per Fall Program Selected – **2 Program Special:** \$130 for each 2 selected.
- **By being part of one of our Fall Programs – Hitting – Pitching – or Defense... The following are also included for Club Team Players.**
  - Continued assistance in the College Recruiting Process (2020 Grads)
  - Introductory assistance in the College Recruiting Process (2021 & 2022 Grads)
  - Off-Season Throwing & Arm Care Program
  - Off-Season Baseball Strength Training Plan
  - HIIT Program (Designed to increase speed, agility, quick burst movements & stamina)
  - Flexibility Training Plan
  - The Power of Goal Setting – 1 Goal
  - Plan to prepare players for the 60 / 90 field & 'Drop 3' Bat (**Incoming Freshmen**)
- Select Club Team Players could also be invited to compete in a top Fall Showcase Tournament if we attend, as well as College Team Camps as they're scheduled.



# FALL SCHEDULE

## SACRAMENTO - 2019



**ALL FALL PROGRAM DATES ARE SUNDAY'S**

FALL PROGRAM	SESSION	LOCATION	DATES	TIME
Fall Pitching Program	<i>Early Fall</i>	<i>Sacramento</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	10:00 to 11:00 AM
Fall Defense Program	<i>Early Fall</i>	<i>Sacramento</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	11:00 AM to 12:00 PM
Fall Hitting Program	<i>Early Fall</i>	<i>Sacramento</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	12:00 to 1:15 PM
<b>\$75 Each or 2 for \$130</b>			<i>September 22 – 29 – October 6 – 13 – 20</i>	
Fall Pitching Program	<i>Late Fall</i>	<i>Sacramento</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	10:00 to 11:00 AM
Fall Defense Program	<i>Late Fall</i>	<i>Sacramento</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	11:00 AM to 12:00 PM
Fall Hitting Program	<i>Late Fall</i>	<i>Sacramento</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	12:00 to 1:15 PM
<b>\$75 Each or 2 for \$130</b>				
<b>CAMP - GAMES</b>				
SF State Team Camp	\$75	<i>SF State</i>	Saturday - September 7th	
Cal State Monterey Bay Team Camp	\$75	<i>Cal State Monterey</i>	Saturday - September 28th	<b>Dates of Team Camps Could Change</b>
University of Pacific Team Camp	\$75	<i>U of Pacific</i>	Saturday - October 12th	<b>Dates of Team Camps Could Change</b>
Under Armour – Fall National Championships	<i>Tentative Event Estimated \$175</i>	<i>Greater LA So-Cal</i>	October 26, 27 & 28th	