



FALL SCHEDULE BAY AREA - 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

FALL OF 2019



ALL FALL PROGRAM DATES ARE SUNDAY'S

FALL PROGRAM	SESSION	LOCATION	DATES	TIME
Fall Hitting Program	<i>Early Fall</i>	<i>Walnut Creek</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	4:00 to 5:15 PM
Fall Pitching Program	<i>Early Fall</i>	<i>Walnut Creek</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	5:15 to 6:15 PM
Fall Defense Program	<i>Early Fall</i>	<i>Walnut Creek</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	6:15 to 7:15 PM
Fall Hitting Program	<i>Early Fall</i>	<i>Walnut Creek</i>	<i>September 22 – 29 – October 6 – 13 – 20</i>	7:15 to 8:30 PM
\$75 Each or 2 for \$130				
Fall Hitting Program	<i>Late Fall</i>	<i>Walnut Creek</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	4:00 to 5:15 PM
Fall Pitching Program	<i>Late Fall</i>	<i>Walnut Creek</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	5:15 to 6:15 PM
Fall Defense Program	<i>Late Fall</i>	<i>Walnut Creek</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	6:15 to 7:15 PM
Fall Hitting Program	<i>Late Fall</i>	<i>Walnut Creek</i>	<i>October 27 – November 4 – 11 – 18 - 25</i>	7:15 to 8:30 PM
\$75 Each or 2 for \$130				
CAMP - GAMES		LOCATION	DATES	TIME
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	Date of Team Camp Could Change
University of Pacific Team Camp	\$75	<i>U of Pacific</i>	Saturday - October 12th	Date of Team Camp Could Change
Under Armour – Fall National Championships	<i>Tentative Event Estimated \$175</i>	<i>Greater LA So-Cal</i>	October 26, 27 & 28th	