If there is inclement weather prior to the start of camp, call the VBC or check the VBC website for information on camp status. If inclement weather comes during the day, we will take shelter. You can pick up your child at any time. We will not leave until each child has been signed out.

VIRGINIA BASEBALL CLUB
Weekly Schedule
Full Day Agenda
"Fun that Lasts a Lifetime"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome to camp, introductions, and camp rules **THROWING & CATCHING** **45-MINUTE SCRIMMAGE** **Defense Stations** ♦ Position work – the fundamentals **45-MINUTE SCRIMMAGE**	**Warm-up** **THROWING & CATCHING** **45-MINUTE SCRIMMAGE** **Defense Infield Stations** ♦ Base to base throwing ♦ Routine grounders **45-MINUTE SCRIMMAGE**	**Warm-up** **THROWING & CATCHING** **45-MINUTE SCRIMMAGE** **Defense Outfield Stations** ♦ Fly balls ♦ Fly ball communication ♦ Relays and Cut offs **45-MINUTE SCRIMMAGE**	**Warm-up** **THROWING & CATCHING** **45-MINUTE SCRIMMAGE** **Team Defense** ♦ Run Downs (Pickle) ♦ Backing Up **45-MINUTE SCRIMMAGE**	**Warm-up** **THROWING & CATCHING** **45-MINUTE SCRIMMAGE** **Defense Stations** ♦ Double Plays and Multiple infield **45-MINUTE SCRIMMAGE**
Lunch/ROOTS-Social learning activity Fair play and Sportsmanship Ask Mr. Umpire. Trivia	Lunch/ROOTS- Social learning activity Respect for Opponents. Ask Mr. Umpire. Trivia	Lunch/ROOTS- Social learning activity Respect for Officials. Ask Mr. Umpire. Trivia	Lunch/ROOTS- Social learning activity Respect for Team. Ask Mr. Umpire. Trivia	Lunch/ROOTS- Social learning activity Respect for Self. Ask Mr. Umpire. Trivia
PITCHING DRILLS **Hitting Focus** ♦ Stance ♦ Balance GAMES	**PITCHING DRILLS** **Hitting Focus** ♦ Short swing "A to C" ♦ Mental Aggressiveness GAMES	**PITCHING PRACTICE** **Hitting Focus** ♦ Contact position ♦ Extension vs. roll over GAMES	**PITCHING PRACTICE** GAMES	**PITCHING PRACTICE** GAMES Camp Certificates

Thank you for choosing the Virginia Baseball Club.
And thank you for picking up your son or daughter on time, a $10 late fee applies.