



EASTON UNDERCLASS WORLD SERIES

- * ARRIVE STRETCHED AND READY TO GO
- * TEAMS WILL WORK OUT TOGETHER.
- * TEAMS ARE ENCOURAGED TO USE YOUR OWN BOWNET

TWO TEAM SESSION- 1 HR

- 0-10 MIN- PLAYER INTRODUCTION VIDEOS
- 11-20 MIN-TIMED RUNNING
- * ORDER OF RUNNING: OF, INF, CATCHERS
- 21-35 MIN- DEFENSIVE WORKOUT VIDEO:
 - * PRIMARY POSITION ONLY
 - * OF- TWO THROWS TO 3B
 - * INF- 3 GROUND BALLS
 - * CATCHERS- 2 THROWS TO SECOND BASE
- 36-60 MIN- BATTING PRACTICE:
 - * 1 ROUND OF 8 SWINGS

THREE TEAM SESSION- 1.5 HR

- 0-15 MIN- PLAYER INTRODUCTION VIDEOS
- 16-25 MIN-TIMED RUNNING
- * ORDER OF RUNNING: OF, INF, CATCHERS
- 26-50 MIN- DEFENSIVE WORKOUT VIDEO:
 - * PRIMARY POSITION ONLY
 - * OF- TWO THROWS TO 3B
 - * INF- 3 GROUND BALLS
 - * CATCHERS- 2 THROWS TO SECOND BASE
- 51-90 MIN- BATTING PRACTICE:
 - * 1 ROUND OF 8 SWINGS



Wednesday

1pm Main Stadium

14u Canes Tennessee
14u Chet Lemon Juice

2:30pm Main Stadium

14u Upper Deck
14u Virginia Scrappers

4pm Main Stadium

13u Scorpions
13u Cannons-RR
13u Brevard Aces

Thursday

11am Main Stadium

13u Next Level Baseball NC
13u ONE Prime

12:30pm Main Stadium

13u Kangaroo Court Roos American
13u Canes East Harris
13u Dry Pond

2pm Main Stadium

13u Vero Venom
13u Broward Bengals
13u Seal Team

3:30pm Main Stadium

13u KC Elite
13u Black Label Athletics
13u West Pines Cobras

5pm Main Stadium

13u Canes Tennessee
13u Blue Collar Dawgs
13u Rawlings Prospects American