



Saturday, January 17, 2026



Morning Workout & Classroom / On-Field Rotations



Morning Workout (ALL ATHLETES)



7:00–7:45 AM (Report directly to your morning workout field)

- **Blue Rawlings:** 26–29 Blue #1–5
 - **Blue Marucci:** 26–29 Blue #6–10
 - **Blue Easton:** 26–29 Blue #11–12 + 30 Orange #13–15
 - **Blue Louisville:** 30 Orange #16–20
 - **Fastpitch Stadium:** 30 Orange #21–24 + 31 Green #25–26
 - **SC Stadium:** 31 Green #27–32
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Rotation Sessions

Locations

- **Banquet Room:** NCSA
 - **SC Stadium:** Marketing
 - **Pride Locker Room:** Classroom – *Accountability*
 - **Blue Rawlings / Easton / Fastpitch Stadium:** Defense
 - **White Easton OF / White Rawlings OF:** Hitting / Drills
 - **White Easton / White Rawlings:** Hitting / Live
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Rotation Schedule



7:50 AM (Report directly to your first station following the morning workout)

7:50 – 8:35 AM

- **NCSA (Banquet Room):** 30 Orange #21–24, 31 Green #25–26
- **Marketing (SC Stadium):** 31 Green #27–32
- **Accountability (Pride Locker Room):** 26–29 Blue #6–10
- **Defense (Blue Rawlings / Easton / Fastpitch Stadium):** 26–29 Blue #1–5
- **Hitting/Drills (White Easton OF / White Rawlings OF):** 26–29 Blue #11–12, 30 Orange #13–15
- **Hitting/Live (White Easton / White Rawlings):** 30 Orange #16–20

 8:40 – 9:25 AM

- **NCSA:** 30 Orange #16–20
- **Marketing:** 30 Orange #21–24, 31 Green #25–26
- **Accountability:** 31 Green #27–32
- **Defense:** 26–29 Blue #6–10
- **Hitting/Drills:** 26–29 Blue #1–5
- **Hitting/Live:** 26–29 Blue #11–12, 30 Orange #13–15

 9:30 – 10:15 AM

- **NCSA:** 26–29 Blue #11–12, 30 Orange #13–15
- **Marketing:** 30 Orange #16–20
- **Accountability:** 30 Orange #21–24, 31 Green #25–26
- **Defense:** 31 Green #27–32
- **Hitting/Drills:** 26–29 Blue #6–10
- **Hitting/Live:** 26–29 Blue #1–5

 10:30 – 11:05 AM

- **NCSA:** 26–29 Blue #1–5
- **Marketing:** 26–29 Blue #11–12, 30 Orange #13–15
- **Accountability:** 30 Orange #16–20
- **Defense:** 30 Orange #21–24, 31 Green #25–26
- **Hitting/Drills:** 31 Green #27–32
- **Hitting/Live:** 26–29 Blue #6–10

 11:10 – 11:55 AM

- **NCSA:** 26–29 Blue #6–10
- **Marketing:** 26–29 Blue #1–5
- **Accountability:** 26–29 Blue #11–12, 30 Orange #13–15
- **Defense:** 30 Orange #16–20
- **Hitting/Drills:** 30 Orange #21–24, 31 Green #25–26
- **Hitting/Live:** 31 Green #27–32

 12:00 – 12:45 PM

- **NCSA:** 31 Green #27–32
- **Marketing:** 26–29 Blue #6–10
- **Accountability:** 26–29 Blue #1–5
- **Defense:** 26–29 Blue #11–12, 30 Orange #13–15
- **Hitting/Drills:** 30 Orange #16–20
- **Hitting/Live:** 30 Orange #21–24, 31 Green #25–26