



Sunday, January 18, 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:** NIL
 - **SC Stadium:** Marketing
 - **Fastpitch Stadium Stands:** On-Field Classroom with Umpires
 - **Blue Rawlings / Easton / Fastpitch Stadium:** Defense
 - **White Easton OF / White Rawlings OF:** Nutrition & Mental Training
 - **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 AM – 8:35 AM

- **NIL (Banquet Room):** 30 Orange #21–#24, 31 Green #25–#26
- **Marketing (SC Stadium):** 31 Green #27–#32
- **Umpire Classroom (FP Stadium Stands):** 26–29 Blue #6–#10
- **Defense (Blue Rawlings / Easton / Fastpitch Stadium):** 26–29 Blue #1–#5
- **Nutrition/Mental (White Easton OF / White Rawlings OF):** 26–29 Blue #11–#12, 30 Orange #13–#15
- **Hitting/Live ((Blue Rawlings / Easton / Fastpitch Stadium):** 30 Orange #16–#20

8:40 AM – 9:25 AM

- Banquet Room: 30 Orange #16–#20
- SC Stadium: 30 Orange #21–#24, 31 Green #25–#26
- FP Stands: 31 Green #27–#32
- Defense: 26–29 Blue #6–#10
- Nutrition/Mental: 26–29 Blue #1–#5
- Hitting/Live: 26–29 Blue #11–#12, 30 Orange #13–#15

9:30 AM – 10:15 AM

- Banquet Room: 26–29 Blue #11–#12, 30 Orange #13–#15
- SC Stadium: 30 Orange #16–#20
- FP Stands: 30 Orange #21–#24, 31 Green #25–#26
- Defense: 31 Green #27–#32
- Nutrition/Mental: 26–29 Blue #6–#10
- Hitting/Live: 26–29 Blue #1–#5

10:30 AM – 11:05 AM

- Banquet Room: 26–29 Blue #1–#5
- SC Stadium: 26–29 Blue #11–#12, 30 Orange #13–#15
- FP Stands: 30 Orange #16–#20
- Defense: 30 Orange #21–#24, 31 Green #25–#26
- Nutrition/Mental: 31 Green #27–#32
- Hitting/Live: 26–29 Blue #6–#10

11:10 AM – 11:55 AM

- Banquet Room: 26–29 Blue #6–#10
- SC Stadium: 26–29 Blue #1–#5
- FP Stands: 26–29 Blue #11–#12, 30 Orange #13–#15
- Defense: 30 Orange #16–#20
- Nutrition/Mental: 30 Orange #21–#24, 31 Green #25–#26
- Hitting/Live: 31 Green #27–#32

12:00 PM – 12:45 PM

- Banquet Room: 31 Green #27–#32
- SC Stadium: 26–29 Blue #6–#10
- FP Stands: 26–29 Blue #1–#5
- Defense: 26–29 Blue #11–#12, 30 Orange #13–#15
- Nutrition/Mental: 30 Orange #16–#20
- Hitting/Live: 30 Orange #21–#24, 31 Green #25–#26