

## **Power 5 Showcase Schedule**

### **July 1<sup>st</sup>**

**9:15-** Players Check In

**10:00-** University of Virginia Strength and Conditioning Talk. **(ALL PLAYERS AND PARENTS)**

**11:15-** Recruiting Talk with College Coaches. **(All Players and Parents)** **Pitchers can leave after recruiting talk.**

**12:15-** Lunch

**1:15-** Position Players Stretch

**1:30-** 60 Times

**2:15-** Defense Showcase

**3:15-** Catchers (Pop Times, Receiving)

**4:15-** BP

### **July 2<sup>nd</sup>**

**9:00-** Team 1 vs Team 2

**12:00-** Team 3 vs Team 4

- **(Pitchers can leave after then are done throwing their Innings)**
- **Please check Twitter and Email for any Weather updates. Twitter handle is @Power5Bullpen**