



## **Diamond Skills Baseball 2022 All-American Camp Schedule Breakdown**

### **Thursday, July 28**

#### Infield/Outfield

8:15-9:00 Registration and Day Breakdown

9:00-9:30 Warm Up

9:30-10:00 Run 60

10:00-11:30 Offensive Workout

11:30-1:00 Defensive Workout

1:00-2:00 Classroom Breakout (Social Media, Recruiting, Strength and Nutrition)

#### Catchers

11:30-12:00 Registration and Day Breakdown

12:00-1:00 Classroom Breakout (Social Media, Recruiting, Strength and Nutrition)

1:00-1:30 Warm UP

1:30-1:45 Run 60

1:45-2:15 Offensive Workout

2:15-3:15 Defensive Workout

3:15-4:30 Catch Bullpens

#### Pitchers

12:30-1:00 Registration and Day Breakdown

1:00-2:00 Classroom Breakout (Social Media, Recruiting, Strength and Nutrition)

2:00-2:30 Warm UP

2:30-3:15 Throwing Program

3:15-4:30 Pitchers Bullpens

### **Friday, July 29**

#### Game 1

7:00 Arrival

7:15 Warm Up

7:45-8:45 Hit and Pregame

8:45-11:00 Game

#### Game 2

9:45 Arrival  
10:00 Warm Up  
10:30-11:30 Hit and Pregame  
11:30-2:00 Game

Game 3

12:45 Arrival  
1:00 Warm Up  
1:30-2:30 Hit and Pregame  
2:30-5:00 Game

**\*\*TEAMS WILL BE SET BY WEDNESDAY NIGHT**