

Daily Lesson Plan

- 8:45 Coaches meet with players as they arrive
- 9:30 Team buses depart LuHi for St. Paul's
- 9:45 Coach Permakoff gives daily skill lesson
- 10:00 Teams do cals and pre-game exercises
- 10:15 Teams warm-up with coach, making appropriate corrections on the "Drill of the Day," throwing & catching, and infield & outfield practice
- 10:50 Games
- 12:20 Depart for LuHi
- 12:30 Lunch and Free Swim period while at LuHi
- 1:05 Return to St.Paul's
- 1:15 Instruction period
- 1:45 Pre-game warmup
- 2:00 Games
- 3:05 Contests, Team Relays
- 3:20 Depart for LuHi
- 3:30 Free Swim time – Bulletin Board check for Gold Glove, Super Slugger, & Player Of the Day Awards
- 3:45 Dismissal to buses

NOTE: Final Friday of each session is Family Day. Activities include playoff games, sliding championships, and Coaches' Awards to players.

++ Rain days are spent at Play Like a Pro indoor facility in Hauppauge. (Visit their website at: www.playlikeaprobbaseball.com.)

