

# FSU WORLD SERIES ACADEMY DATES

15-Sep	22-Sep	29-Sep	6-Oct	13-Oct	20-Oct	27-Oct
6:00- Intro Stretching 6:30 - Intro Throwing 7:00 - Intro Groud Balls 7:30 - Intro to Hitting 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:45 - Individual Position 7:30 - Offensive Goals 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:45 - Hitting Drills 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Run Downs 7:00 - Base Running 7:30 - BP/Cages 7:30 - Pitcher Pens 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Cages/Tee 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - BP & Baserunning 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Bunting/Defense 7:30 - Cages/Tees 8:00 - Dismiss
3-Nov	10-Nov	17-Nov	24-Nov	8-Dec	26-Jan	2-Feb
6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Cages/Tees 8:00 - Dismiss	6:00- Run/Stretch/Throw 6:30 - Cuts and Relays 7:30 - Cages/Tees 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Game Day BP 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Warrior Game 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:00 - P/C Warm Up 6:30 - Fall World Series 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Postion 7:30 - Cages/Tees	6:00 - Video Breakdown 6:45 - Run/Stretch/Throw 7:15 - Coach Hit 8:00 - Dismiss
9-Feb	16-Feb	23-Feb	2-Mar	16-Mar	23-Mar	30-Mar
6:00 - Run/Stretch/Throw 6:30 - BP/Baserunning 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Video Breakdown 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Coach Hit 7:30 - Cages/Tees 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - BP/Baserunning 7:30 - Work Ups 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Cages/Tee 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - 1st and 3rds 7:30 - Cages/Tees 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Coach Hit 7:30 - Cages/ Tees 8:00 - Dismiss
6-Apr	13-Apr	20-Apr	27-Apr	DATE	DATE	DATE
6:00 - Run/Stretch/Throw 6:30 - BP/Baserunning 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Individual Position 7:30 - Video Breakdown 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - BP/Baserunning 7:30 - Conditioning 8:00 - Dismiss	6:00 - Run/Stretch/Throw 6:30 - Spring World Series 7:45 - Academy Wrap Up 8:00 - Dismiss			