

2010 Harrisburg College Showcase
July 23, 2010
Southside Elementary School
4525 Union Deposit Road
Harrisburg, PA 17111

9:00 – 3:00	College Coach Check-in
9:00 – 10:00	Player Check-in
10:00 – 10:15	Introductions/Stretching
10:15 – 10:35	Distance Throwing <ul style="list-style-type: none">▪ 35', 50' 70'
10:35 – 11:30	Pitchers/Catchers <ul style="list-style-type: none">▪ Record four fast balls▪ Record types of pitches & speed▪ Each player gets nine recorded pitches Position Players <ul style="list-style-type: none">▪ Time Running<ul style="list-style-type: none">○ Home to First (2 times)○ Home to Second (1 time)○ Second to Home (1 time)▪ 2 throws from Shortstop to 1st base▪ 1 throw from 120' mark to Home<ul style="list-style-type: none">○ Speeds of throws will be recorded
11:30 – 12:30	Hitting <ul style="list-style-type: none">▪ 20 balls to hit▪ 3 bunts Catchers <ul style="list-style-type: none">▪ Throws to all bases▪ Blocking▪ Bunt Coverage
12:00 – 1:00	LUNCH AVAILABLE TO COLLEGE COACHES & ATHLETES
1:00 – 2:30	Hitting Continued <ul style="list-style-type: none">▪ 20 balls to hit▪ 3 bunts
1:00 – 1:45	Pitchers/Catchers <ul style="list-style-type: none">▪ Time Running<ul style="list-style-type: none">○ Home to First (2 times)○ Home to Second (1 time)○ Second to Home (1 time)
1:45 – 2:30	Catchers <ul style="list-style-type: none">▪ Throws to 1st, 2nd, 3rd base▪ Bunt Coverage▪ Block Pitches
2:30 – 3:15	Infield/Outfield