



WEST COAST E L I T E

SAMPLE PRACTICE FORMAT

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| 8:00AM | Player check-in |
| 8:30AM | Introductions |
| 9:00AM | Players head to the field for warm-up's |
| 9:00AM | Parents Q&A |
| 9:30AM | Skills Training Clinics (infield, outfield, catching, pitching) |
| 10:00AM | Pitcher Showcase |
| 10:10AM | Position Player run 60-yard dash |
| 11:00AM | Pitcher written evaluation |
| 11:30AM | Outfielder Showcase |
| 12:00:PM | Infielder Showcase |
| 12:30PM | First Base Showcase |
| 12:45PM | Catcher Showcase |
| 1:00PM | Lunch |
| 1:30PM | Hitting Showcase |
| 2:30PM | Position Player written eval |
| 3:15:PM | Official practice conclusion and discussion |
| 3:30PM | Players & parents meet WCE coaches for verbal eval |
| 4:00PM | Practice ends |

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