



Games Location: [Charlottetown Public School](#), 85 Charlottetown Blvd, Scarborough, ON

Game time: Games start at 7pm. A game will last approximately 45-60 minutes.

Each session starts with a run, then stretching. Instructional focus. Then divide up and play a game.

Our rough weekly outline:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 1	July 5	July 6	July 7	July 8
		Running and Hitting		
Week 2	July 12	July 13	July 14	July 15
		Running and Hitting		
Week 3	July 19	July 20	July 21	July 22
		Fielding - always using 2 hands		
Week 4	July 23	July 24	July 25	July 26
		Fielding - always using 2 hands		
Week 5	AUG. 9	August 3	August 4	August 5
		Throwing (at a safe area supervised by parent)		
Week 6	AUG. 16	August 10	August 11	August 12
		Throwing (at a safe area supervised by parent)		
Week 7	AUG. 23	August 17	August 18	August 19
		Make diamond to play on and have Tball game.		
Week 8	AUG. 30	August 24	August 25	August 26
		Make diamond to play on and have Tball game.		

Equipment Required: Appropriate running shoes. Baseball bats are brought to each game by the coach.

Uniforms: Players will receive their cap and jersey on the first night of Blast Ball.