



# Sierra Verde Girls Softball Camp



Aug 7-10, 2023

Date	Time	Overview
Mon, Aug 7	3:45 - 5:15	<ul style="list-style-type: none"><li>● Introductions, expectations, and plan for the week</li><li>● Dynamic warm-ups</li><li>● Catching and Throwing Overview</li><li>● Throwing Program</li></ul>
Tues, Aug 8	3:45 - 5:15	<ul style="list-style-type: none"><li>● Dynamic warm-ups</li><li>● Throwing Program</li><li>● Defensive Circuit</li></ul>
Wed, Aug 9	3:45 - 5:15	<ul style="list-style-type: none"><li>● Dynamic warm-ups</li><li>● Approach to Hitting</li><li>● Offensive Circuit</li></ul>
Thurs, Aug 10	3:45 - 5:15	<ul style="list-style-type: none"><li>● Dynamic warm-ups</li><li>● Throwing Program</li><li>● Scrimmage*</li></ul>

\*Weather permitting