

# 5-WEEK INSTRUCTIONAL PROGRAM

## Foundations of the Game

### Program Outline:

#### WEEK 1

July 22 & 24

Fundamentals  
of Catching  
& Throwing

#### WEEK 2

July 29 & 31

Infield &  
Outfield  
Specific

#### WEEK 3

Aug 5 & 7

Fundamentals  
of Hitting  
& Bunting

#### WEEK 4

Aug 12 & 14

Live Hitting  
& Plate  
Approach

#### WEEK 5

Aug 19 & 21

All Skills  
& Base  
Running

(will be hosted outdoors at nearby field)



**Coach Olivia Munoz**  
Current Oakland  
University Outfielder



**Coach Ally Hickman**  
Former Towson  
University Infielder

**Details:** Program meets twice a week

**Time:** 12:30-2:00PM (1.5hr session)

**Days:** Tuesdays & Thursdays

**Ages:** 7-10 years old

**Location:**

Rick Dempsey's Baseball Warehouse  
9515 Gerwig Lane, Suite 108  
Columbia, MD 21046

**Cost:** \$375

**Register:**

Go to [thebaseballwarehouse](http://thebaseballwarehouse.com)  
& click on Camps/Events - SOFTBALL