



HIGH PERFORMANCE BASEBALL PROGRAM

POWERED BY THE ONTARIO BLUE JAYS

SAMPLE WEEK SCHEDULE FOR OUR STUDENT-ATHLETES

MONDAY TO THURSDAY

8:20AM – 8:30AM: DROP OFF AT THE ATHLETE MATRIX

8:35AM – 8:45AM: DYNAMIC STRETCH & MOVEMENT WORK

8:45AM – 9:00AM: AGILITY & SPEED TRAINING (*VARIES DAILY*)

9:00AM – 9:10AM: WATER & PREP FOR BASEBALL TRAINING

9:10AM – 10:50AM: BASEBALL SPECIFIC TRAINING (*VARIES DAILY*)

10:50AM – 11:00AM: WATER & PREP FOR STRENGTH AND CONDITIONING

11:00AM – 11:40AM: STRENGTH & CONDITIONING PROGRAM (*AGE APPROPRIATE PROGRAM PROVIDED*)

11:40AM – 11:55AM: LUNCH AT THE ATHLETE MATRIX*

12:00PM: BUS TO SCHOOL*

12:40PM – DAY END: REGULAR SCHOOL DAY*

** - Times vary based on academic institution schedules.*

FRIDAY

8:20AM – 8:30AM: DROP OFF AT THE ATHLETE MATRIX

8:35AM – 8:45AM: DYNAMIC STRETCH & MOVEMENT WORK

8:45AM – 9:00AM: AGILITY & SPEED TRAINING (*VARIES DAILY*)

9:00AM – 9:10AM: WATER & PREP FOR BASEBALL TRAINING

9:10AM – 9:50AM: STRENGTH & CONDITIONING PROGRAM (*AGE APPROPRIATE PROGRAM PROVIDED*)

9:50AM – 10:00AM: WATER & PREP FOR STUDY HALL

10:00AM – 11:30AM: STUDY HALL AND/OR SEMINARS (*TUTOR/SPEAKERS PROVIDED*)

11:30AM – 11:55AM: LUNCH AT THE ATHLETE MATRIX*

12:00PM: BUS TO SCHOOL*

12:40PM – DAY END: REGULAR SCHOOL DAY*

** - Times vary based on academic institution schedules.*