



## FALL INSTRUCTIONAL LEAGUE

- Goal:** To improve the fundamental knowledge and skills of the baseball and softball players and coaches in the Auburn P&R program through extensive training by qualified baseball and softball professionals.
- How:** Mark Fuller and the Sports Academy staff will oversee the entire program including the training of the coaches. There will be an itinerary that increases the level of learning each week. Coaches will be included in the practices and scrimmage games with instructional assistance from Sports Academy staff.
- Dates:** Monday, August 23 - Thursday, September 16 (baseball)  
Monday, September 20 - Thursday, October 14 (softball)
- Who:** **Boys, ages 7-12 years old**  
7 & 8 year olds – Machine Pitch  
9 & 10 year olds – Kid Pitch  
11 & 12 year olds – Kid pitch
- Girls, ages 8-12 years old**
- Maximum of 10 players per team
- Cost:** **Baseball:**  
\$150 – includes 4 weeks of instruction and controlled games from Sports Academy staff.
- Softball:**  
\$75 - includes 4 weeks of instruction and controlled games from Sports Academy staff.
- Schedule:** Practices approximately 2 hours long.  
Coaches are encouraged to attend practices with their teams  
Scrimmages and “live defense” will be included in these practices  
Games and practices will be held at Duck Samford Park fields  
In case of rain, practices will be held indoors at the Sports Academy
- Registration:** Walk In registration begins Monday July 19, 2010 thru Friday, August 13, 2010  
Please register in person at Dean Road Recreation Center only and **not through Sports Academy**



## FALL INSTRUCTIONAL LEAGUE

### Practice & Scrimmage Schedule

**Mon. 8/23**

5:00-6:45 - 7 & 8  
6:15-8:00 - 9 & 10

**Tues. 8/24**

5:00-6:45 -9&10  
6:15- 8:00- 11 & 12

**Wed. 8/25**

5:30-7:15- 11 & 12

**Thurs. 8/26**

5:30-7:15- 7 & 8

**Mon. 8/30**

5:00-6:45 – 7 & 8  
6:15-8:00 - 9 & 10

**Tues. 8/31**

5:30-7:15 – 11 & 12

**Wed. 9/1**

5:00-6:45 – 9 & 10  
6:15-8:00- 11& 12

**Thurs. 9/2**

5:30- 7:15- 7& 8

**Tues. 9/7**

5:00-6:45 – 7 & 8  
6:15-8:00 – 9 & 10

**Wed. 9/8**

5:00-6:45 – 7& 8  
6:15-8:00 – 11 &12

**Thurs. 9/9**

AU Football

**Fri 9/10**

AHS Football

**Mon. 9/13**

5:00-6:45 – 7 & 8  
6:15-8:00 - 9 & 10

**Tues. 9/14**

5:00-6:45 – 11&12

**Wed. 9/15**

5:00-6:45 – 9 & 10  
6:15-8:00 – 11 &12

**Thurs. 9/16**

5:00-6:45- 7 & 8

**Mon. 9/20**

5:30- 7:45- Softball

**Mon. 9/27**

5:30- 7:15- Softball

**Thurs. 10/7**

5:30-7:15 - Softball

**Thurs. 10/14**

5:30-7:15- Softball