

NEXT LEVEL BASEBALL NC
WINTER TRAINING WEEKEND

LOCATION: MONTREAT COLLEGE INDOOR FACILITY

ADDRESS: 2573 US 70, SWANNANOVA, NC

PARENTS BRING A LAWNCHAIR FOR SEATING

ATTIRE: NLB SHIRT AND SHORTS

FULL ITINERARY

SATURDAY- DECEMBER 3

TEAMS: 13U, 14U, 15U

8:45 AM PLAYER CHECK-IN
9 AM BASEBALL PERFORMANCE WITH COACH RAFAEL PADILLA
10:30 AM FUNDAMENTAL APPROACH TO HITTING WITH CORBIN WEEKS
11:00 AM ADVANCED PITCHING WITH COACH JARED DRAYTON
11:00 AM ADVANCED CATCHING WITH CORBIN WEEKS AND STEVE KARIS
6:00 PM NLB CHRISTMAS PARTY @ FREELAND HALL

SUNDAY- DECEMBER 4

9 AM LIFTING WITH A PURPOSE! BASEBALL RELATED TRAINING- COACH PADILLA
9:30 AM RECOVERY AND SPORT SPECIFIC ARM CARE- RILEY SANDERS
10 AM NLB NC'S KEYS TO SUCCESS. BUILDING FOUNDATION PP- COACH WEEKS
10:30 AM BUILDING THE COMPLETE PLAYER FROM THE GROUND UP- COACH NEVILLE
11:00 AM SETTING MY SON UP TO BE RECRUITED- COACH BECK/COACH WEEKS
11:30 AM Q/A AND CLOSING

TEAMS: 16U, 17U, UPPERCLASS – **(SATURDAY ONLY)**

12:00 PM BASEBALL PERFORMANCE WITH COACH RAFAEL PADILLA
1:30 PM ADVANCED FIELDING WITH COACH BEN PAYTON / OF WITH TJ LANNING
2:15 PM ADVANCED PITCHING WITH COACH JARED DRAYTON
2:15 PM ADVANCED CATCHING WITH CORBIN WEEKS AND STEVE KARIS
3:30 PM RECOVERY AND SPORT SPECIFIC ARM CARE- RILEY SANDERS
6:00 PM NLB CHRISTMAS PARTY @ FREELAND HALL

NLB CHRISTMAS PARTY WILL BE HELD IN FREELAND HALL AT THE MONTREAT CONFERENCE CENTER. WE WILL SEND OUT A MAP AND SIGNS WILL BE DISPLAYED FOR PARKING AND DIRECTIONS TO THE HALL.