



18U COLLEGE ALL STAR SHOWCASE 2018

18U College Prep League/Midget AAA

Saturday, June 9, 2018
Latrace Park, Richmond, BC
(Granville Avenue & Gilbert Road)

SCHEDULE

Grade 11

8:30am – 9:15am	Registration
9:30am – 9:45am	Warm Up
9:45am – 11:00am	BC Baseball Combine Testing <ul style="list-style-type: none">• 10yard/30 yard dash – for linear acceleration• 5-10 5 Pro Agility – for lateral agility and change of direction• Broad Jump - Lower Leg Power and Strength• 3 KG MedBall Single Arm Rotational Throw - Rotational Power and Linked Strength Measurement
12:00pm – 2:30pm	All Star Game

Grade 12

11:15am – 11:45am	Registration
12:00pm – 12:15am	Warm Up
12:15am – 1:30pm	BC Baseball Combine Testing <ul style="list-style-type: none">• 10yard/30 yard dash – for linear acceleration• 5-10 5 Pro Agility – for lateral agility and change of direction• Broad Jump - Lower Leg Power and Strength• 3 KG MedBall Single Arm Rotational Throw - Rotational Power and Linked Strength Measurement
3:00pm – 5:30pm	All Star Game