**Stored Procedure Into (SPROC)**

* SPROCs are a chunk of SQL code wrapped up, optimized, and stored in the database
* Allows for better security and reusability
* Hundreds already built-in
  + Under Programmability 🡪 Stored Procedures
  + Most under System Stored Procedures are for advanced administration tasks
* Both SPROC and Functions get names and parameters
* Functions return a scalar and are SELECT only
* Functions are designed to be used inline (inside SQL)
* Stored procedures are executed directly (using EXEC)
* SPROCs use functions but not the other way around
* SPROCs can do INSERT, UPDATE, and DELETE

