

THANKS FOR YOUR INTEREST IN THE 2017 LIFELETICS BASEBALL CAMP!

At Lifeletics, our instructors' goal is to create an atmosphere that helps your child grow as a person in addition to having their passion for baseball grow. We want your athlete to walk out of camp itching to play more baseball because of his newly elevated confidence and ability in the game. It is fun to watch a player and parent's minds blown away with all the baseball information that can be learned in one week.

Our job is to create a "Lifeletics Camp Culture," that is fun, yet, challenging where the athletes are working alongside coaches to push their baseball experience to a higher level. Bottom line, we want to help your athlete develop into great, confident baseball players.

DAILY ROUTINE

Much like big league spring training, camp begins with a stretch and mental prep, followed by speed and agility drills. After a short water break, we will dive into team/individual training for defense and specific skills such as bunting and pitcher's fielding practice, followed by a competitive contest or game, then we break for snack.

After snack comes our hitting and offensive groups including baserunning, and situational hitting. Here, players will learn the difference between making contact and hitting the ball over people's heads! At the end of the day, we will play a competitive game, making sure all players hit and get plenty of repetitions on the field. Players will learn "secrets of the game" and new things to look for!

PREPARING FOR CAMP

You will receive an email confirming your camp within 48 hours of the opening camp day. In final preparation for camp, please read the information below for details and directions. This includes camp policies and the necessary evils – cancellation and weather related policies. In an effort to be up front and thorough, we will stand behind these company policies should any issues arise.

Please arrive at least 20-minutes early on Monday morning and we will get your athletes started on a terrific week of hard work and good fun! Bring a snack and wear sunscreen. Water/cups will be provided but bringing a bottle of water or jug is always a great idea. Our itineraries are jam-packed with drills, exercises, competitions and games. Each day will involve different movements and varying activities ensuring that you're athlete truly has a good time working out and getting better.

ATHLETE NEEDS:

- Bat
- Glove
- Protective Cup
- Baseball pants
- T-shirt
- Sleeves and Sweatshirt/Jacket
- Water (water is provided)
- Baseball Cleats
- Hat
- Positive Attitude
- Team Mentality
- Aggressive Spirit
- No excuses!

Lifeletics Camp Details

NEXT CAMPS

Spring Break Position-Specific Camp
Summer Baseball Camps

April 17-21st
July 10th – August 15th

Wardlow Park, Huntington Beach
Huntington Beach, South OC

Please arrive on Monday morning no later than 8:30am to check in and receive a name tag. Athletes will train through a full itinerary of baseball instruction, completing the day promptly at 1:00pm.

Athletes should wear cleats, baseball pants, a hat and a protective cup. Please bring with them a glove and bat/helmet if possible. There is (1) 20/30-minute break at 11:00am with regular water breaks. Athletes should keep healthy nutrition in mind when choosing their snack to bring.

Always please check in and out through our front registration desk or table.

Camp Directors and Contact Information

For your information, here are important phone numbers to save.

Ruben Corral/President/Director of Baseball	phone: 909-973-4220 email: ruben@lifeletics.com
Shane Fukaye/Facility Manager	phone: 714-767-1420 email: shane@lifeletics.com

Lifeletics Baseball Facility: 714-843-1989*

*For general questions or inquiries, the Lifeletics facility main line is staffed Mon-Fri 2:00-9:00pm and Saturday 10:00am-4:00pm.

Cancellation / Refund Policy

All camp payments are entirely refundable 72-hours prior to camp start time. Cancellations made after that are subject to a \$50 cancellation fee. Once camp has begun, there are NO refunds. Unfortunately, Lifeletics cannot be held liable for sickness or injury (unrelated to camp), and refunds will NOT be given under any circumstances after camp has begun. A \$50.00 fee will be assessed for all returned checks.

Rain Policy

Camp credit is issued (per day) after 2 days of cancellation. Camp credit issued (per day) after 2 days of cancellation. Lifeletics guarantees four (4) days of instruction per academy week. Any additional days lost to inclement weather can be made up at any location on subsequent weeks, or can be credited towards a day at the next Lifeletics Baseball Camp.

Lifeletics appreciates your business.
Feedback, questions, concerns?

Lifeletics
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