

2018 LIFELETICS BASEBALL CAMP GUIDE

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.



There are all manners of dress in baseball. But proper attire for camp means:

- Shirt/Jersey tucked in (belt visible)
- Pants can be worn low, high or dirty mids!
- Cleats should be worn on the field at all times!
- Protective cups must be worn on the field at all times.
- Wristbands, eye black, necklaces and other swag are encouraged! Be yourself!
- All baseball gear should be in your bag and easily accessible!

CAMP DETAILS

CAMP BEGINS (9:00am)

Camp begins with all campers lined up single file behind cones. All athletes place gloves, bats and helmets (if they have them) to cone area. Our coaches begin with Opening Day speech highlighting staff, daily itinerary, rules and goals for the specific day and week.

ATHLETIC MOBILITY AND STRETCH (9:10 – 9:20)

Athletes are made in movement. Dynamic warm ups are used to get campers heart rates up while teaching them valuable movements for baseball and athleticism. After dynamics are completed, return to the foul line, extend lines toward center field, with coach as leader in foul territory. Move through legs and arms stretching.

THROWING STRENGTH AND DEVELOPMENT

Players begin catch play with proper throwing mechanics. Coaches instruct proper arm calisthenics with “shadow boxed” drills (no-ball) with either no object or a throwing training object in their hand. Here we will train the different throws and throwing positions. Towel drill would be an example of a throwing calisthenics drill.

Baseball players should feel free to throw from different arm angles depending on the type of throw required. A throw from short to first is different than a throw from the outfield. Players are encouraged to learn and practice all types of throws.

STATION INSTRUCTION/FUNDAMENTALS

Lifeletics methodology of advanced training follows this three-step process:

Static, Dynamic, and Competition.

Static: Teach the movement or play and have the players run through it slowly and at half speed. Explain the how and the why for each play.

This is where the bulk of early stage learning is. Athletes learn to perform each skill and perform it well. From slow motion, learning each step to performing it quickly and often. Coaches perform the most instruction during this phase.

Dynamic: Perform the movement until it can be performed at game or full speed with assertiveness.

This is where the athletes become gamers. The average baseball play takes less than 5 seconds and the longest play takes 12 seconds. Players rep out skills until they can perform it as well as they can in the fastest amount of time possible.

Competitive: Put runners or hitters in play to simulate game play. There must be a winner and a loser.

This is where the athletes game awareness dramatically improves. With opponents working against them, situations and confusion is created to teach game play at game speeds. This is where the athletes will fail and immediately learn from mistakes. Repping out skills give players opportunities to practice and practice and practice within the competitive situation.

BREAK TIME (11:00 – 11:30am)

Each player should bring snacks and water. After snack, players have a few minutes of recess on the field with the coaches until the camp recommences.

AFTERNOON STATIONS (11:30am – 1:00pm)

Afternoon stations work on the competitive development part of our philosophy. Through game play and contrived situations, the players are pit against each other in both skill and athletic competitions.

EARLY BIRD ACADEMY FINISH (1:00PM) (Second Snack)**FULL DAY ACADEMY FINISH (3:00PM)**

Campers that stay for the full day get the added ability to work with coaches on skill or athletic training.

ARRIVAL TIMES FOR CAMP

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
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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