

Two Week – Half Day Program – Ages 7 to 12 yrs old

Dates: July 5 - 8 and July 12 - 15 (A two week Monday thru Thursday camp)

Times: 9:00am – noon Monday – Thursday for two consecutive weeks

Where: Binghamton University - (*both indoor & outdoor facilities*)

Cost: \$235 (\$100 deposit due to reserve a guaranteed spot)

PLEASE CALL IF ATTENDING BOTH WEEKS IS NOT A POSSIBILITY AND WE CAN BE FLEXIBLE TO ACCOMMODATE

General Information

This camp will run for eight (8) half-days (Mon-Thurs) from 9 to noon. It will cover all aspects of baseball training and fundamentals. The camp will be split into an older & younger group and will follow age specific programs.

Typical Daily Camp Schedule

8:30 DROP OFF PERIOD STARTS
9:00 STRETCH & THROWING DRILLS
9:30 DEFENSIVE STATIONS OR POSITION WORK
10:20 OFFENSIVE STATIONS & BATTING PRACTICE
11:00 CONTROLLED SCRIMMAGE OR WIFFLE BALL GAMES
11:45 WRAP UP
12:00 PICK UP PERIOD STARTS
12:30 PICK UP PERIOD ENDS

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**** I realize that the half-day (9 –noon) schedule will be hard on some families where both parents work, and to those where this is the case I apologize in advance. I have found over the last 10 years of running baseball camps across the country that most players respond better when the workouts don't drag on. This is especially true during the summer months where conditions can get very hot & humid, and most campers have baseball games a few nights a week with their summer teams. By having this 9-noon schedule campers will be able to get a good morning workout in and then go home, eat and rest up for that night's game. The feedback that we've received since changing to this current format four summers ago has been very positive from both parents and campers. ****