



March Break Camps!!



Camp #1—Vancouver UBC

Location: Thunderbird Park on Campus of UBC and Mizuno School of Baseball

Dates: March 8, 2010 to March 11, 2010

Time: 9am to 2pm

Cost: \$250 plus applicable taxes.

Number of Campers: Maximum of 75.

Location: Mizuno School of Baseball @ Campus of UBC

Ages: 7 to 15



Camp #2—North Vancouver Parkgate

Location: Parkgate, North Vancouver

Dates: March 8, 2010 to March 11, 2010

Time: 9am to 2pm

Cost: \$250 plus applicable taxes.

Number of Campers: Maximum of 50.

Ages: 7 to 15

Camp #3— Surrey Lionel Courchene Park

Location: Lionel Courchene Park, Surrey, BC

Dates: March 15, 2010 to March 18, 2010

Time: 9am to 2pm

Cost: \$250 plus applicable taxes.

Number of Campers: Maximum of 50.

Ages: 7 to 15



Camp #4—Ladner Dugald Morrison Park

Location: Dugald Morrison Park - Ladner, BC

Dates: March 15, 2010 to March 18, 2010

Time: 9am to 2pm

Cost: \$250 plus applicable taxes.

Number of Campers: Maximum of 50.

Ages: 7 to 15

Register Online at www.lastraps.com

Phone: 778-989-6924



One Day Hitting Camp with Fred Beitler March 6, 2010



Dates: Saturday March 6, 2010

Time: Noon to 5:00pm

Cost: \$125 plus applicable taxes.

Location: Mizuno School of Baseball @ Campus of UBC

Ages: 9 to 14 Limited to 12 spots.



Last Raps Baseball Corp. is pleased to announce a one day hitting camp with UBC Thunderbirds coach Fred Beitler. The theme of this camp will be directed toward the foundations of hitting. Specific emphasis will be placed on the technique of Rotational Hitting with special attention paid to reducing or eliminating the stride of the young hitter. As components of Rotational Hitting, widening the hitters stance, using weight transfer and leading with the hips, campers will experience a number of drills to help increase bat speed and improve their explosion to the baseball. Computer generated presentations will be used in order to demonstrate visual reinforcement to the techniques taught to the young ball players.

Assisting Coach Beitler will be a UBC Thunderbird player to be named later. For the hitting camp, players are required to bring their own helmet, bat, batting gloves and spikes. The facility has a turf floor and spikes or turf shoes are acceptable. Lunch will be provided for all participants in this event. Lunch is to include one 6" inch Sub sandwich, sport drink, fruit and chips.

Spring Training

Dates: March 1, 2010 to March 31, 2010

Days: Monday's and Wednesday's

Time: 6:00pm to 7:30pm

Cost: \$250 plus applicable taxes.

Location: Mizuno School of Baseball @ Campus of UBC

Ages: 8 to 10 Limited to 18 spots.



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