



One Day Hitting Camp

Hosted at the Mizuno School of Baseball at the UBC Batting Cages, are a series of one day hitting camps. These sessions will include hands on instruction and application for young hitters to work on their swings. Each one day camp is limited to 12 hitters. There will be one UBC Coach and player present for each session. Campers need to bring their own lunch.

Dates: December 12th 9:00am to 2:00pm
December 13th 9:00am to 2:00pm
December 22nd 9:00am to 2:00pm
January 2nd 9:00am to 2:00pm

Cost: \$100/player (Plus Applicable Taxes)

Ages: 8 to 12

UBC Batting Cage Rental

\$120 per hour + PST and GST

- Batting cage rentals include use of pitching machines, L-Screens and baseballs.
- Tees and soft toss netting.
- Three full size hitting tunnels that are 70 feet in length.
- Facility is completely covered in field turf.
- Three portable pitching mounds.
- Shoulder maintenance equipment.
- Forearm strengthening equipment.

LAST RAPS BASEBALL CORP.

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- Specializing in:
- Hitting Leagues
 - Group Instruction
 - Individual Instruction
 - Camps
 - Clinics
 - Video Analysis
 - Rentals

October to December 2009



Hitting Leagues

Hosted at the Mizzuno School of Baseball at the UBC Batting Cages, this is a great non-instructional environment where young baseball players can join with their friends and compete in teams of three against players of similar age. Facing a pitching machine, speeds are adjusted by age group, where each player receives a minimum of 50 pitches per game. Each team is guaranteed eight games with potential to play as many as ten. Points are awarded for successful hits. Teams are ranked by wins and losses. Individual hitters are ranked by their points achieved. Prizes and awards will be distributed to the winning team at the end of the league and to the top individual hitters. Duration of the league is 9 weeks. Each game is approximately 1 hour in length.

Dates: Wednesday 6:00pm to 10:00pm — Starting October 7th, 2009
Friday 6:00pm to 10:00pm — Starting October 9th, 2009
Saturday 8:00pm to 10:00pm — Starting October 10th, 2009
Sunday 8:00pm to 10:00pm — Starting October 11th, 2009

Cost: \$100/ player or \$270/team. (Plus Taxes) **Ages:** 8 to 12

Fall Classic Clinics — Throwing/Pitching

Hosted at the Mizzuno School of Baseball at the UBC Batting Cages, baseball players will receive instruction to build proper throwing technique and to learn basic pitching mechanics. Duration is 9 weeks.

Dates: Tuesdays from 6:00pm to 10:30pm — Starting October 6th, 2009
Saturdays from 8:00am to 2:00pm — Starting October 10th, 2009
Contact for availability. Each session is 90 minutes.

Cost: \$225 per player. (Plus Taxes) **Ages:** 8 to 12

Fall Classic Clinics — Hitting

Hosted at the Mizzuno School of Baseball at the UBC Batting Cages, baseball players will receive instruction to improve their hitting technique. Duration is 9 weeks.

Dates: Thursdays from 6:00pm to 10:30pm — Starting October 1st, 2009
Sundays from 8:00am to 2:00pm — Starting October 4th, 2009
Contact for availability. Each session is 90 minutes.

Cost: \$225 per player. (Plus Taxes) **Ages:** 8 to 12

Christmas Catcher/Hitting Camp

The first annual Catcher/Hitting Camp will take place at the Osborne Gym on the campus of UBC. The Catcher's Camp offers techniques and drills focused on throwing mechanics, blocking, receiving, pitch-calling, bunt coverage, covering home plate, and becoming a team leader. Hitting stations will be located in the UBC Hitting cages.

Dates: December 28th to 30th—9am to 3pm

Cost: \$275 per camper. (Plus Taxes) **Ages:** 9 to 17

Video Analysis Hitting Camp

Hosted at the Mizzuno School of Baseball at the UBC Batting Cages, This three day camp offers young hitters an opportunity to analyze their swings through state of the art Dartfish Video Technology in super slow motion. Under the guidance of UBC Coach Cavanagh Whitely, each camper will receive a personalized CD Rom of their swing and report. Each Camp is limited to 6 players per session.

Dates: December 19th to 21st
Session 1 9am to Noon Daily
Session 2 Noon to 3pm Daily

Cost: \$300 per camper (Plus Taxes) **Ages:** 13 to 17

Father and Son Baseball Camp

The first annual father and son Baseball Camp will take place at the Osborne Gym on the campus of UBC. This camp is designed for fathers and son's to spend quality time with each other while learning more about the technical side of baseball. While some activities group fathers with fathers and sons with sons, a focus of the camp is on fathers and sons working with one another. Lunch will be provided.

Dates: December 6th - 9am to 5pm

Cost: \$150 per father/son. (Plus Applicable Taxes) Add \$50 for each additional child.

Ages: Sons should be 6-17