

# FUNDAMENTAL BASEBALL CAMPS

## HOLIDAY BASEBALL INSTRUCTION

### DECEMBER 27th and 28th 2012



#### INSTRUCTIONAL OPPORTUNITIES

**TWO DAY MINI CAMP**  
**TWO DAY HITTING CLINIC**  
**PRIVATE LESSONS (1/2 Hour)**  
**(Pitching, Hitting, Catching, or Fielding)**

#### TIMES AND DATES

**9:00–11:30 AM, DECEMBER 27TH & 28TH**  
**12:30-2:00 PM, DECEMBER 27TH & 28TH**  
**CALL TO SCHEDULE AN APPOINTMENT**

#### COST

**\$95.00**  
**\$60.00**  
**\$40.00**

\*EACH CAMPER WILL RECEIVE A CAMP T-SHIRT

\*FOR CAMPERS ATTENDING BOTH THE MORNING CAMP AND HITTING CLINIC, PLEASE BRING A SACK LUNCH

#### WHERE

**LONGFELLOW SCHOOL**  
**(HOME OF EAST ALTADENA LITTLE LEAGUE)**  
**1065 E. WASHINGTON BLVD**  
**PASADENA, CA 91104**



#### WHO

**Boys and Girls Ages 6-14 Who Wish to Improve and Develop Their Baseball Skills**

#### WHAT TO BRING / WEAR

\*Hat \*Glove \*Bat  
 \*Rubber cleats or good tennis shoes  
 \*Shorts or baseball pants  
 \*Lunch if attending Mini Camp and Hitting Clinic

#### FEATURING:

\*Limited Enrollment to Guarantee Individual Attention to Each Camper  
 \*Small Group Learning Stations

\*A Positive Learning Environment  
 \*Emphasis on Teaching Baseball Fundamentals

#### **ALL CAMPS AND CLINICS WILL FOCUS ON INDIVIDUAL INSTRUCTION**

##### Two Day Mini Camp

The Two Day Mini Camp is designed to give the camper an overall baseball experience. The Hitting portion of this camp will concentrate on teaching proper bunting and hitting mechanics by using a variety of small group drill stations. The defensive section of this camp will review the basics involved in throwing and catching and then will move on to teach each camper the basic fundamentals involved in playing both the infield and the outfield.

##### Two Day Hitting Clinic

The Hitting Clinic will concentrate entirely on hitting. We will cover the basics of hitting beginning with bat selection, grip and mental preparation. Then through a variety of drill stations using tees, soft toss, cables, live pitching, etc., we will teach each camper the proper mechanics involved in a good swing, including stance, stride, power position, explosion phase and follow through.

##### Private Lesson Opportunities

Coach Henderson offers private 1/2 hour Pitching, Hitting, Catching and Fielding Lessons throughout the year. Winter break is a great opportunity to begin a series of lessons or just receive a single instructional session in order to improve and prepare for the upcoming season.

#### **CAMP DIRECTOR: JEFF HENDERSON (626) 398-8634**

Coach Henderson brings with him over 30 years of coaching experience including 18 years as a College Head Baseball Coach. Throughout his career, he has coached more than 60 All Conference, 22 All Region and 7 All American players. In addition, he was selected by USA Baseball as an Olympic Trials Coach and has served the National Collegiate Athletic Association (NCAA) in numerous capacities, including helping to direct the Division III Baseball World Series. With 3 children of his own, Coach Henderson has spent numerous hours coaching kids. Whether it be in his own camps, clinics or private lessons or by volunteering within the community in organizations such as AYSO, YMCA, or Little League / Pony Baseball, Coach Henderson thoroughly enjoys working with children. He holds a teaching credential in Physical Education, has a Masters Degree in Athletic Training, and is Certified in CPR and First Aid.

**-SEE ATTACHED ENROLLMENT FORM-**