



2010 MVP Baseball Summer Camp Schedules

CAMP INFORMATION

MVP Baseball will be conducting camps in July and August at Chapparosa Park in Laguna Niguel from 8:30 to 3:00 Mon thru Fri. Campers will be learning from former professional and college players in a learning rich environment.

MVP Camps are designed to teach a progression in skill level from week 1 to week 3 (4-6 also). Campers will play games every day in our "Astrodirt League" where they will compete for prizes and staff will be able to watch and help them progress in both team and individual situations. Please view our camp schedule below and sign up today!

This will be THE best learning experience your player can have!

2010 Summer Camp Schedule

Session 1	July 11-16
Session 2	July 18-23
Session 3	July 25-30
Session 4	Aug 2-6
Session 5	Aug 8-13
Session 6	Aug 15-20

Camp Director Ruben Corral
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SAMPLE CAMP DAY

8:30 - 9:00	Check-In/Early Work
9:00 - 9:45	Proper Stretch/Agility work Proper warm-up/long toss
9:45 - 10:45	Comprehensive Skills and Drills by positions
10:45 - 11:00	Break/Team Meetings
11:00 - 12:30	Team Training/Batting Practice
12:30 - 1:00	Supervised Lunch Break (Snack bar available)
1:00 - 3:00	Astrodirt League Games

- ✓ Campers receive free T-Shirt
- ✓ Awards given at end of camp
- ✓ Campers go home tired and HAPPY!!

MVP Baseball Academy

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