



Summer Baseball Camps with Centrefield Sports

Developed and instructed by professional instructors, including MLB player Adam Stern, our CFS outdoor camps focus on teaching essential baseball fundamentals with a lot of fun added in. Adam is a 2-time Olympian with Team Canada and had 3 stints playing in the Major Leagues with Boston Red Sox, Baltimore Orioles and Milwaukee Brewers between 2005 and 2010. Have your child learn from the professionals and see them flourish as they learn to play and love the game of baseball.

Children will be led through a series of drills by Adam and his team of Pro and Elite College level instructors. A scouting report package is provided for those registered in the full week program. This scouting report will provide the player with a breakdown of their strengths and areas to focus on.

The camp will include:

- 30 hours of professional instruction in all areas
- Overall athletic development
- Home run derbies, controlled scrimmage and other games
- A Centrefield Sports Summer Camp t-shirt (with full week registration)
- Supervised lunch hour
- Scouting Report Package (with full week registration) which includes t-drill, 40 yrd run, 5-10-5, 20 yard hurdles, radar on throwing, etc...
- Early drop-offs (8:30AM) and late pick-ups (4:30 PM) for an additional \$55 per week.

What to bring:

- Baseball glove
- Hat, sunscreen
- Water
- Snacks and lunch
- Baseball helmet

Centrefield Sports baseball day camps are for children ages 7 to 14. There are 2 camps to choose from.

Start Day	Finish Day	Ages	Times	Location
July 4	July 8	7-14 yrs	9 am – 3 pm	SWO Complex, 146 Exeter Rd, London
July 18	July 22	7-14 yrs	9 am – 3 pm	SWO Complex, 146 Exeter Rd, London

From 9:00 a.m. to 3 p.m. Monday to Friday, we provide a safe and encouraging atmosphere in which young ball players can learn, practice, and compete. Players will be taught the fundamentals of throwing, fielding, and hitting through a combination of drills and live games.

See below for what an average day at CFS Camp is really like!

Schedule

Time	Activity
8:30 – 9:00 am	Player Drop Off
9:00 – 9:15 am	Warm-up
9:15 – 10:00 am	Throwing Instruction / Agility Work
10:00 – 12:00 pm	Defensive and Hitting Instruction
12:00 – 1:00 pm	Lunch
1:00 – 3:00 pm	Activities / Competitions/ Scrimmages
3:00 – 4:30 pm	Late Pick Up

8:30 – 9:00 AM – Drop Off

Parents drop off players. All players must be signed in by parents. Open activities will take place such as dodge ball, soccer, football, until camp begins at 9:00am.

9:00 - 9:15 AM: Stretch and Warm Up

Instructors will lead the players in a warm-up run and stretches.

9:15 – 9:45 AM: Throwing Instruction

The players will break into groups and will warm up their arms with specific throwing exercises. On Mondays, players will learn the fundamentals of throwing, as well as drills emphasizing proper form. Each day, a new throwing drill will be introduced.

9:45 - 12:00 PM: Defensive/Hitting Stations

All players are placed in a Skill Group for the week led by a CFS Instructor. They will travel from station to station in their Skill Group each day. Skill Groups are determined based on both age and skill level.

Stations:

Each day of the week features stations designed to focus on a specific skill. Types of days include: Offense, Defense and Position Specific practice. For example, on “Defense Day”, players are rotated in their Skill Group through a variety of different stations including infield, outfield, and pitching.

12:00 – 1:00 PM: LUNCH

Players must bring a lunch to camp every day (**no nut products please!**). The lunch must not require refrigeration. After finishing their lunch, the players will get a chance to relax and enjoy a bit of free time. There will also be structured activities such as soccer, football, kickball and pepper set up for all who want to join in.

1:00 – 2:00 PM: Competitions and Activities

After lunch, friendly competitions and activities will take place. In order to best facilitate improvement among players. Contests will include “Gold Glove”, our defensive battle, “Silver Slugger”, our home run derby and "All Star Base Running Game", where runners are challenged to beat their own run time. This is an opportunity for campers to have some fun and show off the skills they learned throughout the morning.

2:00 - 3:00 PM: Let’s Play Ball!

On Monday, the group is divided into teams, each coached by a CFS Instructor. The teams compete in a round-robin from Monday to Thursday and battle for the Championship game on Friday afternoon.

3:00 PM: End of Camp

Camp ends at 3:00 PM. Parents are welcome to pick up their children between 2:30 and 3:00 PM. There is no additional cost up until 3:00pm.

3:00 - 4:30 PM: Extended Care

In the event that a player cannot be picked up by 3:00 PM, we offer extended care until 4:30 PM. The fee is an additional \$55.00 per week.

Weather

Unlike other camps, Centrefield is the largest indoor baseball complex in Canada, so weather is not an issue! If the weather looks threatening, we will host the camp indoors at Centrefield Sports, 25 Midpark Cres, London.. Parents will be asked to leave contact information at the beginning of camp. In the event of a location change, parents will be contacted the night before. A notice will also be posted on our website.

Food and Refreshments

Centrefield Sports will supply large containers of Gatorade and water for all players. Players are advised to bring their own water bottles that they can re-fill throughout the day.

Scouting Reports (for full week registrants)

At the end of each week, players will receive a personalized Scouting Report detailing their strengths and areas for improvement. Players will be scouted on Fridays, giving them an opportunity to demonstrate the skills and techniques learned over the course of the week.

Location

Southwest Optimist Baseball Complex

146 Exeter Rd, London Ontario

(If there are issues finding the complex that day, please call 519-318-5881)

Provided to Players

- Individual Scouting Reports
- Weekly Tournament
- Centrefield Sports Camp T-shirt
- Free refreshments
- Prizes and giveaways

Enrollment Criteria

- Ages 7 to 14 years old
- All skill levels are encouraged

Capacity

Enrollment is limited to 40 players per week.

Fees

Full week / Full day - \$240.00 + HST

Full week / Half day - \$195.00 + HST

Full day - \$60.00 + HST

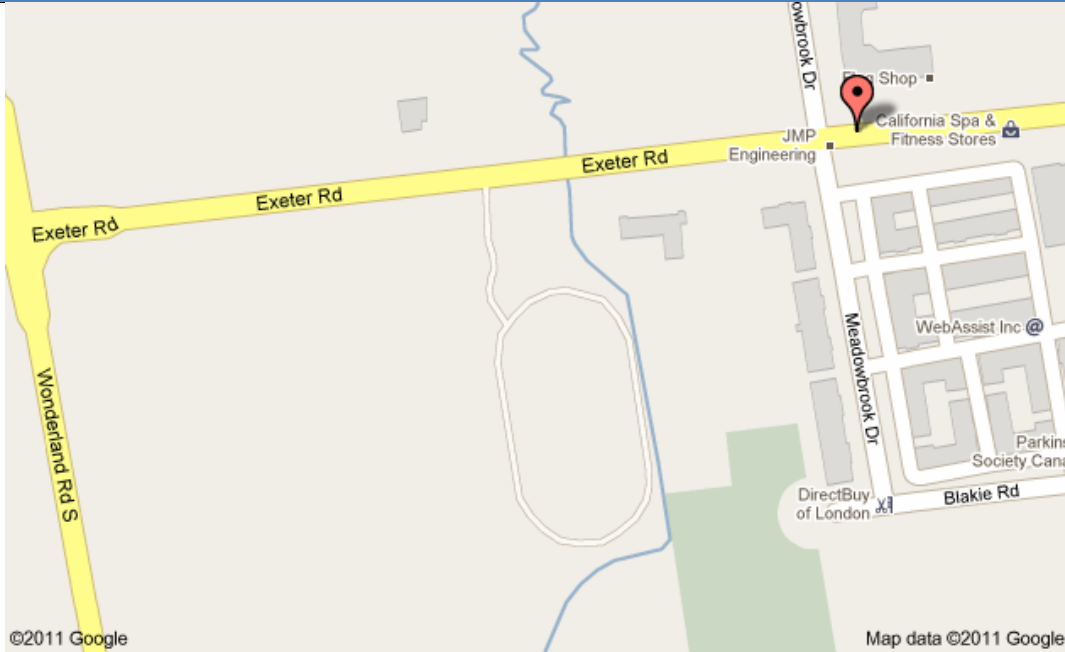
Half day - \$40.00 + HST

*** First additional sibling receives 10% off. Second additional sibling receives 20% off ****

Not sure our camps are right for your child? Feel free to call our office at (519) 691-1200 and we would be happy to further discuss any details with you.

We look forward to seeing you in the summer!
The Centrefield Team

Southwest Optimist Baseball Complex – 146 Exeter Rd, London Ont



Centrefield Sports Complex – 25 Midpark Cres, London Ont

