Christmas Camp

Ages 6-18

When: December 28-29 2016

3:30pm – 5:30pm

6:00- 8:00pm

Location: UBC indoor training centre

(W 16th Ave, Greater Vancouver A, BC V6T 2A1)



TYSON GILLIES

2009 Major League exhibition series with Seattle Mariners.

2009 Major League Futures Allstar game.

2010- Traded to Philadelphia Phillies (Cliff Lee).

2011- 2014 Major League 40 man roster.

2012-2015 4 time Team Canada member.

2013- World Baseball Classic.

2015- Pan American Olympics Gold Medalist.

One 2 hour session $80

Two 2 hour sessions $150



JORDAN LENNERTON

2004-2005-2008 Drafted 3 times -Blue Jay, Brewers, Tigers.

2007- NCAA national champion with Oregon State.

2008- Signed with the Detroit Tigers.

2013- Allstar Futures Game.

2013-2014 2 time Rawlings Gold Glove award winner.

2003-2015 5 Time member of Canadian National team.

PRACTICE PLAN

(2 days)

Defense- **Break into Groups**

Infield- Lennerton

Outfield- Gillies

We will work on the fundamentals of throwing, fielding, and explain the importance of arm care.

Base-running

Work on acceleration, foot speed, as well as turns around bases.

Hitting

Work on hitting to all fields, mechanics, and the importance of balance and staying through the ball.

Time Breakdown

Defense: 30

Base-running: 15 minutes

Hitting: 30 minutes

Conditioning: 20 minutes

Practice recap: 5 minutes

Game: 20 minutes

UBC INDOOR FACILITY





Tyson Gillies

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(Contact me for all booking details)



