

BASES – Baseball Day Camp

CAMP CONTENT:

Morning Session (9AM-Noon)*

- Stretching & Warm-Up
- Throwing
- Skill of the day (hitting, defense, baserunning, throwing, etc.) instruction
- Practice stations
- Pick-up game

Morning Session ends: MORNING ONLY Campers are picked up

FULL DAY Campers are transported to BASES.

Afternoon Session (Noon-3PM)**

- LUNCH (player brings own lunch and drinks)
- Skill/Sport related individual and team sport activities supervised by camp counselors (i.e. whiffleball, rundown, pepper, dodgeball, etc.)

Afternoon Session ends: FULL DAY Campers are picked up**

NOTES:

* - all campers may be dropped off at the field as early as 8:45AM. If you bring your child to the field prior to that time, YOU MUST supervise them until camp counselors are in attendance AND have set up camp equipment for the day.

** - all FULL DAY campers must be picked up at 3PM. After-care may be arranged on a “case-by-case” basis and can be provided up to 5PM. The cost will vary per child based on the arranged pick-up time. After-care MUST be set up in advance of camp week to ensure BASES has the proper supervision in place.