

Longshots Fundamentals Nov Dec Camp info

Location: Darien Sportsplex 451 Plainfield Rd, Darien, IL 60561 (Fieldhouse)

Registration Check-in: *ONLY Non-Longshots players. And Longshots players who are going to camp on both Saturday and Sunday.* Check-in will begin 15 minutes before your first session start time in the Fieldhouse @ the Darien Sportsplex. There will be a registration table inside the Fieldhouse section of the Sportsplex. You only need to check-in once. If you miss the first weekend, see Coach Rooney when you come to your first session.

Payment: At check-in Day 1, check payable to Longshots Baseball Camps. (Cash payment is also acceptable, no credit card availability).

For Longshots families, one session is already paid for through your annual fee.

Additional payments are for 2nd session registrations.

Note: Longshots Baseball Camps and Longshots Baseball are two separate entities and all payments must be made separately to each.

Players outside of the Longshots Baseball program **MUST** have a **SIGNED WAIVER** to participate. Bringing a signed form will speed you through the process. There will be blank waivers at registration.

Timing: Target player arrival about 10 minutes prior to the session start time (i.e., camp starts at 6:45, arrive 6:30-6:35). We allow players to get ready and do their own stretching during this time, though there is not a lot of room. We begin our formal warm-up as soon as the session starts. We are on and off the field at start & end times. If your player needs to leave early, have him let us know... no issues with that. In a few of the sessions, we may take about 5 minutes to recap the session after we are off the field.

ON THE FIELD FUNDAMENTALS SCHEDULE

November 9 - December 22 (**Thanksgiving weekend off**)

Saturdays

6:45 - 8 AM	2020 - 2022	Pitching & Catching
7:45 - 9 AM	2023 - 7thG	Pitching & Catching
9:00 - 10 AM	6thG – 3rdG	Pitching & Catching

Sundays

6:45 - 8 AM	2023 - 7thG	INF & OF
7:45 - 9 AM	2020 - 2022	INF & OF
9:00 - 10 AM	6thG – 3rdG	Throwing & Fielding

If players need to leave early, they should let a coach know.

Attire: Baseball work out attire! With caps! No spikes, just turfs or gym shoes. There will be no need for bats at the camp. Catchers NEED their equipment.

Preparation: It is CRITICAL that all participants eat prior to coming. Annually, we have a few who don't and get sick at the first couple workouts. They may bring water, Gatorade or the like as there will be a few brief breaks.

Make sure their mitts and caps have their names on them. Every year players lose mitts, caps, jackets and sweatshirts.

Remember, this camp is aimed at the serious player. There is a lot of physical exertion, especially after Session 1. Session 1 is more of an introductory session. The sessions get progressively harder as we add more to each. Make sure they are physically prepared.

We will discuss with players what to do if they get a sore arm, or other body part, along with not feeling well. Make sure they feel confident they can tell a coach their issue. And they should tell them IMMEDIATELY.

This camp is led by our most experienced coaches and instructors. It is intended to help standardize drills and critical work across the program. This work will allow players to develop faster and more effectively in our winter workouts.

Longshots Baseball program coaches (who are not instructing) are the only non-players permitted on the field due to safety and insurance reasons. We want these coaches to learn and/or assist where safety and space allows.

All adults are invited to participate in the opening overview of the program (first session - 10 minutes).

There will be no camp sessions over the Thanksgiving Day weekend.

Around the Christmas holiday, we invite our college and professional players (alumni) who are home, to come back and work out with us based on their availability, along with talking to some camp players. It gets to be pretty exciting for the players at all levels when that happens.

If you have any questions, please contact me at longshotsbaseballcamps@gmail.com.

Rob Rooney