

**Lambrick Park High School
Collegiate Prep Academy
2019 / 2020
Junior Baseball/Softball Academy!**



*****MUST BE IN GRADES 5 - 8*****

INSTRUCTORS

MITCH DAVIDOFF

CONOR LILLIS-WHITE

JASON GIBSON

JAY LONGPRE

JESSE HODGES

SCOTT BLEWETT

MATT BRIDGE

JOEY VAN DE VOORDE

AND MORE!

**JUNIOR BASEBALL/SOFTBALL ACADEMY START
DATE: FIRST WEEK OF SEPTEMBER 2019**

MISSION STATEMENT

To develop and provide youth softball/baseball players with on-field and classroom training to prepare them mentally, physically and emotionally for high performance programs.

DETAILS

2019 SEPT-NOV & 2020 JAN-MAY (8 Months total)

\$125/month Academy fee (8 Post dated cheques to LPHS front office)

Academy hat, 3 dri fit shirts (3 colours), dri fit shorts and hoodie (\$125 additional cost)

Two sessions per week (Tuesday/Thursday 4pm-6pm)

Sessions include:

On field for instructional practices

Weight room for strength and conditioning

Classroom for "Baseball 101"

All sessions to be held at Lambrick Park High School (LPHS)



MUST REGISTER AT LAMBRICK PARK SECONDARY FRONT OFFICE

4139 Torquay Drive, Victoria BC V8N 3L1 Tel 250 477 0181

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