



BULLPEN

**BASEBALL & SOFTBALL SCHOOL
PUBLIC BATTING CAGES**

BULLPEN BASEBALL CAMPS IN VERNON

The Bullpen Baseball School will be hosting a two separate (4-hour) age groups baseball camps in May in coordination with Vernon Baseball Association.

CAMP #1

Age: U11 players (Birth years 2007 & 2008)
Date: Saturday, May 5, 2018
Time: 10:30 a.m. - 12:30 noon / 1:00 p.m. - 3:00 p.m. (4 hours)
Place: Lakeview Park, Vernon
Cost : \$65.00 per player

CAMP #2

Age: U13 players (Birth years 2005 & 2006)
Date: Sunday, May 6, 2017
Time: 9:00 a.m. - 11:00 a.m. / 11:30 a.m. - 1:30 p.m. (4 hours)
Place: Lakeview Park, Vernon
Cost : \$65.00 per player

Space is limited to 25 players per camp; online registration closes April 29, 2018

This Camp will be an excellent opportunity for all players to hone their skills in a four-hour single-day camp. There would be two instructors present for each session.

AGENDA

- Warm-up
- Proper throwing mechanics; with drills to share
- Infield skills; with drills
- Outfield skills; with drills
- Pitching mechanics
- Hitting mechanics
- Base running

There will be many drills shown to help develop each player's skill set.

- A game at the end of the day to wrap up the final 20 minutes of the clinics.

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**Unit # 110 – 100 Braid Street
New Westminster, B.C. V3L 3P4
Across from Braid St. Skytrain**

**604-525-8230 / 604-644-6566
www.bullpen.ca**



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Fred Sabatine has been a Bullpen instructor / owner for over 20+ years. His baseball career included:

- 1985 Canada Games bronze medal winner
- 1986 University of Nevada-Reno
- 1988 Western Canadian Senior Men's Gold (Kamloops Sandpipers); selected top pitcher for the tournament.
- 1988 NAIA College World Series with Central Washington University
- 2012 Selected to the CWU Hall of Fame
- Assistant coach Douglas College (4 yrs)

Fred has helped develop many, many players through the years and has seen a fair amount of his former students earn scholarships to play college baseball in Canada and the U.S.; with some signing professionally.

For more information and testimonials about the Bullpen, visit www.bullpen.ca

HOW TO REGISTER

1. Go to www.bullpen.ca
2. Bullpen main page, on the top click on clinic & camps
3. Click on Spring camps
4. Click on the red "Register here" button
5. Fill out the registration form, and send
6. E-Transfer to fredsabatine@shaw.ca (please email password to Fred separately)

See you on the field!