



COUGAR 212 BASEBALL ELITE YOUTH CAMP

Hosted by: Paul Svagdis, Head Baseball Coach, Azusa Pacific University

And

Matt Venegas, Hitting Coach and Recruiting Coordinator, Azusa Pacific University

Cougar 212 Baseball is offering a week-long Elite baseball camp for players between the ages of 13-15. For \$250 your baseball player will receive a Cougar 212 baseball hat and T-shirt, along with excellent skill instruction from current Azusa Pacific Baseball team members and coaching staff at the Azusa Pacific Baseball Diamond. This elite instruction will include daily video work and Coaching analysis with Head Coach Paul Svagdis and Assistant Coach Matt Venegas on proper hitting, pitching, and defensive skills sets. The coaching plan will be individualized based on the athletes development and needs at the plate, on the mound, and in the field. We are limiting the camp enrollment to (30) athletes. Our goal in limiting the number of athletes is to create a stronger learning environment as well as reflect a pre-collegiate practice atmosphere.

RESERVE YOUR ATHLETE’S SPOT TODAY!

BASEBALL FUNDAMENTALS COVERED DURING CAMP:

- PRIMARY AND SECONDARY LEADS/SLIDING/STEALING/
- CAGE HITTING/T-WORK/BUNTING/LIVE HITTING VIDEO ANALYSIS
- INFIELD/OUTFIELD/CATCHING SKILLS VIDEO ANALYSIS
- PITCHING MECHANICS VIDEO ANALYSIS/PICKS AT ALL BASES
- GOOD SPORTSMANSHIP/PLAYING WITH A POSITIVE ATTITUDE
- DEVELOPING MENTAL STRATEGIES TO BE AT YOUR BEST

- *Player’s Age:* _____
- Player’s Name:* _____
- Parent’s Name:* _____
- Email:* _____
- Phone #:* _____

ELITE SESSION I: _____ June 2nd to June 6th

Make All Checks Payable To: Cougar 212 Baseball

Mail to: Paul Svagdis, 901 E. Alosta Ave. PO Box 7000, Azusa, CA 91702

Also Accepting:

Visa _____

Master Card _____

please check corresponding line (above)

Total \$ Amount: _____

CARD #: _____

EXP. DATE: _____

Daily Schedule:

- 8:30 *Camp Check in*
- 9:00-9:20 *Dynamic warm up/Stretch/Band work/Throwing*
- 9:20-9:40 *Base running skill sets/primary and secondary leads/straight steal/delay steal/ball in dirt reads*
- 9:40-10:20 *Defensive skill work/catching/infield/outfield/double play foot and glove work/glove agility/1B bag work/Pitching/Cuts*
- 10:20-10:30 *Mental Skill set development Coaches talk/Water/popsicles*
- 10:30-11:10 *Offensive skill work/lead hand/top hand work/cage drill work/field hitting/video analysis*
- 11:10-11:25 *Snack break*
- 11:25-12:55 *Game Time*
- 12:55-1:00 *Coaches Talk at Tent/Sportsmanship/playing with character/developing a positive attitude/overcoming adversity*

For More Information Please Contact:

Paul Svagdis, Head Baseball Coach
psvagdis@apu.edu (626) 945-5917

Catherine Svagdis, LCSW, Director Cougar212Baseball Camps
csvagdis@hotmail.com (909) 477-0437

Camp offered in partnership with Azusa Pacific University Athletics