

# Prairie Baseball Academy

## Winter Elite Baseball Camp

The Prairie Baseball Academy is excited to offer their elite camp to young baseball players in Southern Alberta this winter. Over the last six years young athletes from Lethbridge and surrounding areas have honed their baseball skills at the PBA's weeknight camps. Lethbridge baseball has been a presence at national tournaments across Canada over the last few summers with kids 10-14 years old. This past summer the 13U and 14U all-star teams represented Lethbridge at their respective World Series. The staff at PBA strongly believes that these results have a great deal to do with the progress our campers make over during the off-season. Our goal is to continue to grow the game in Southern Alberta through quality instruction and great kids!



**November 14<sup>th</sup> – March 3<sup>rd</sup>**  
**@ Lloyd Nolan Yard Indoor Facility**

**2 x / Week - \$475.00 (25 Campers Max)**

Mon/Wed 6:00 – 7:30pm – Age 9-12      Mon/Wed 7:45 – 9:15pm – Age 12-14

Tues/Thurs 6:00 – 7:30pm – Age 9-12      Tues/Thurs 7:45 – 9:15pm – Age 14-18

\*Please note which night you would like your son or daughter to attend. Camps will fill up fast. The PBA coaching staff will do their best to accommodate you.

**1 x / Week - \$350.00**

\*We have a one session per week option for campers who have other commitments during the week. If you would like this option for your son or daughter please note which night from the times above you would like to attend.

**4 x / Week - \$750.00 (NEW THIS YEAR)**

\*We are offering a new option this year for campers who want to get more out of the PBA Winter Elite Camp. This option will include two normal baseball sessions per week as well as two sessions downstairs at Lloyd Nolan Yard in the weight room. Coach MacDonald will design custom workouts for your son or daughter to maximize their athletic performance. Workouts will vary from week to week and use a mix of body weight, and weight room exercises based on the campers abilities.

**Beginner Camp – Friday Nights – \$350.00 6:00 – 7:30pm**

Last year we held a beginner camp for players aged 6-9 to learn the basic fundamentals of baseball. The coaching staff tries to make learning the game fun and informative for campers new to baseball.

## Coaching Staff

**Todd Hubka**      Varsity Head Coach

**Ryan MacDonald**      Varsity Assistant Coach

**Jesse Sawyer**      Junior Varsity Head Coach

**Shayne MacInnis**      Junior Varsity Assistant Coach

\*\* 6-8 Current PBA Players/Night to help with instruction and interact with the campers.

## Camp Focus

- Proper Warm-Up and Footwork Drills
- Safe and Effective Throwing Program
- Hitting
- Proper Infield/Outfield Technique
- Introduction to Pitching



To register your son or daughter please go to:

<http://underthelights.pointstreaksites.com/>

If you have any questions please feel free to contact us at 403-320-1302 or at [PBA@Telusplanet.net](mailto:PBA@Telusplanet.net)