



*November 8 – 14, 2009*



Classroom @ Holiday Inn Long Beach Airport

Field Work located @ Urban Youth Academy



Sunday November 8th

Orientation 6:30pm

- Welcome
- Introductions
- Explanation of Camp outline
- Equipment needed for the week
- Banger Bucks program
- Health/Wellness *“Week Ahead”*
- Long Beach Chamber of Commerce
- Urban Youth Academy
- Introduction *“Major League Baseball Umpire Manual”*
- Manual For The Two – Umpire System*
- Section 1 Game Preliminaries
- Definition and Philosophy of Strike zone
- Home Plate Positioning



Monday November 9<sup>th</sup>

***Classroom located @ Holiday Inn Long Beach Airport***  
8:30am – 10:30am

- Manual For The Two – Umpire System*
    - Section 2
  - Voluntary Release / Possession
  - Nutrition, Hydration & ImPACT”*
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***Fieldwork located @ Urban Youth Academy***  
11:00am – 4:00pm

- Urban Youth Academy walk through
- Cage Safety
- “No Runners On Base”* Demonstration
- Signals Fundamentals (in formation) after lunch
- Stretching Matrix
- Group work
  - Field
  - Cage
  - *“Fitness”* Mark Letendre A.T,C.with Kent Biggerstaff A.T,C.
- “ImPACT”* Concussion testing 5:30



Tuesday November 10<sup>th</sup>

*Classroom located Holiday Inn Long Beach Airport*

8:30am – 10:30am

- “Manual For The Two – Umpire System”*
  - Section 3 “Runner On First Base Only”
  - Section 4 “Runner On Second Base Only”
- “Official Baseball Rules”*
  - Definitions

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*Fieldwork located @ Urban Youth Academy*

11:00am – 4:00pm

- Runner On First Base Only; demonstration
  - Runner On Second Base Only; demonstration
  - Group work after lunch
  - Stretch Matrix
    - Cage work
    - Fieldwork
    - “Fitness” Mark Letendre A.T,C.
  - “ImPACT Concussion Testing” 5:30pm
  - Video Review 5:00pm – 8:00pm
  - Bowling @ Cal Bowl 8:30pm – 10:30pm
- Camper Shuttle Leaves Front Lobby @ 8:00pm



Wednesday November 11<sup>th</sup>

***Classroom located @ Holiday Inn Long Beach Airport***

8:30am – 10:30am

- Definitions continued...
  - Manual For The Two – Umpire System*
    - Section 5 “Runner On Third Base Only
    - Section 6 “Runners On First And Second”
  - Spit Tobacco
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***Fieldwork located @ Urban Youth Academy***

11:00am – 4:00pm

- Runner On Third Base Only; Demonstration
- Runners On First & Second; Demonstration
- Stretch Matrix (after lunch)
- Group Work
  - Cage Work
  - Fieldwork
  - “Fitness” – Mark Letendre A.T.C.
- Game @ 1:00 Attendees will rotate working ½ inning
- “Club House Session” 6:00pm – 7:00pm  
Rich Garcia via Video Conference



Thursday November 12th

*Classroom located @ Holiday Inn Long Beach*

8:30am – 10:30am

- Manual For The Two – Umpire System*
    - Section 7 “Runners On First and Third”
    - Section 8 “Runners On Second and Third”
  - PBUC Structure
  - International Opportunities
  - College Baseball
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*Fieldwork located @ Urban Youth Academy*

11:00am – 4:00pm

- Runners On First and Third; Demonstration
- Runners On Second and Third; Demonstration
- Stretch Matrix (after lunch)
- Group Work
  - Cage Work
  - Fieldwork
- Game @ 2:00 Attendees will rotate working ½ inning
- Club House session Marty Springstead & Steve Rippley
- Video 5:00pm



Friday November 13<sup>th</sup>

*Classroom located Holiday Inn Long Beach*

8:30am – 10:30am

- Situation Management*
  - Section 9 “Bases Loaded”
  - Interesting Plays
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*Fieldwork located @ Urban Youth Academy*

11:00am – 4:00pm

- Recap Runners on Second and Third; Demonstration
- Bases Loaded; Demonstration
- Stretch Matrix
- Group Work
  - Cage Work
  - Fieldwork
- Game @ 2:00 Attendees will rotate working ½ inning
- Club House session NCAA/International



Saturday November 14<sup>th</sup>

*NO Classroom*  
9:00am Depart for UYA

Balk Seminar (On-Field)

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*Fieldwork located @ Urban Youth Academy*  
11:00am – 2:30pm

Game @ 10:30 Attendees will rotate working ½ inning

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Farewell Reception 7pm – 9pm (Casual)