

NOVEMBER
25-27



Mira Costa Baseball Camp

Mindful Baseball



Costa's head coach Keith Ramsey brings a fresh approach to camp. Campers will benefit from his 20+ years of baseball experience, including 11 years at the professional level. Camp will focus on hitting, fielding, pitching, base running and the mental aspects of the game. Top level instruction from Mira Costa High School coaching staff, players and guest coaches.
HURRY, space is limited!

SNACKS

CAMPERS: Ages 7 - 13

T-SHIRTS

Camp Hours: 9:00-12:15pm (w/ a 20 minute snack break)

Camp Location: Mira Costa High School Baseball Field (Meadows Ave.)

Cost: \$155 per camper w/ discounts for siblings

PRIZES

For registration and payment option, go to:

<http://tinyurl.com/MCMustangBaseballCamps>

GAMES

SPECIAL AFTER CAMP CLINICS

AGES 11-13 YEARS OLD FROM 12:45-1:45PM
SIGN UP ON-LINE FOR AN ADDITIONAL FEE

Hitting: w/ former LA Dodger All Time Home Run Leader *Eric Karros*
Saturday Only - 20 spots

Pitching w/ Coach Keith Ramsey
Catching w/ Costa Coach/Player
Sliding w/ Costa Coach/Player
Bunting w/ Costa Coach/Player

Friday & Saturday - 5 spots each day
Friday & Saturday - 5 spots each day
Friday & Saturday - 10 spots each day
Friday & Saturday - 10 spots each day

EXCLUSIVE Yoga for Young Athletes w/ Coach Keith Ramsey
Sunday Only - 20 spots