



Edmonton Expos 2020 Winter Baseball/Strength & Speed Camp

The Edmonton Expos (SEEBA) will be hosting a combined baseball and strength & speed camp on Friday nights.

Each session will be 2 hours and will feature:

- 1 hour of baseball skill development (arm strength, bat speed, fielding and footwork).
- 1 hour with a personal trainer dedicated on strength and speed-based actions beneficial to baseball.

Instructors:

- Brad Badger (Baseball Lead): Edmonton Expos - 2019 13U AAA Head Coach
- Neville Wright (Strength/Speed Lead): Former Olympian with the Canadian National Bobsleigh Team.
 - <https://www.bobsleighcanadaskelton.ca/en/team/bobsleigh/?id=35>

Location:

- Kinsmen Sports Centre

Cost:

- \$300.

Schedule:

- Starts Friday, January 10, 2020.
- Last camp on Friday, March 13, 2020.
- 9 sessions; 18 hours of instruction.

	Division	Birth Year	Time
Group 1	11U/13U	2007-2010	6:15PM - 8:15PM
Group 2	15U/18U	2002-2006	6:15PM - 8:15PM

*Maximum 15 players per group.

** Excludes Friday, January 24, 2020. There will be no camp on this date.

Guest Coaching:

- If you're interested in improving your baseball coaching skills, participate as a guest coach.
- Contact bradlbadger@gmail.com for more information.

If you have any questions, please contact Chris March at chris.march@shaw.ca.