



# Minnesota Baseball Academy

The **MYAS** and the **Minnesota Baseball Academy** are proud to present the 2007/2008 Gopher State Winter Baseball Camps! Adam Barta, John Anderson and the Gophers' own Luke Appert will be the lead instructors at this year's camps. The MBA will use live Dartfish Slow Motion Video Analysis on every participant and will have no more than a 4:1 player to instructor ratio. Every participant will receive a Winter Camp t-shirt. Expectations for the Winter Camps are to Teach, Correct, Educate, Enhance, Evaluate and HAVE FUN!



Minnesota Youth Athletic Services  
4111 Central Avenue NE, Suite 208  
Columbia Heights, MN 55421  
Phone (763) 781-2220  
[www.myas.org](http://www.myas.org)

<u>Camp</u>	<u>Dates</u>	<u>Times</u>
<b>Thanksgiving Camp</b>	Nov. 23-24, 2007	1*
<b>Youth Elite Tryout 11U &amp; 12U</b>	Nov. 25, 2007	2*
<b>Christmas Hitting Camp</b>	Dec. 15-16, 2007	1*
<b>Martin Luther King Jr. Camp</b>	Jan. 20-21, 2008	1*
<b>Presidents Day Hitting Camp</b>	Feb. 18, 2008	3*
<b>Try-Out Prep Camp</b>	Mar. 8-9, 2008	4*
<b>March Madness Camp</b>	Mar. 22-23, 2008	1*

**Camp Times:** \*1 Ages 8-12 10am-12pm; Ages 13-18 12:30-2:30pm  
 \*2 Ages 11 10-11:30am; Ages 12 12-1:30pm  
 \*3 Ages 8-12 9am-12pm; Ages 13-18 1-4:00pm  
 \*4 Ages 8-10 8-11am; Ages 11-13 11:30-2:30; Ages 14-18 3-6pm

\*\*\*Camp fees vary, please see additional pages for more information.\*\*\*

Each session will be held at the state of the art Competitive Edge Solutions Arena in Rogers, MN. Sessions will fill up quickly so please register early; camps will be limited to 30 participants per session. For more information, including cost of each camp, entry forms and maps, log on to [www.myas.org](http://www.myas.org) and select Gopher State Winter Baseball Camps or call 763-781-2220.

### The Minnesota Baseball Academy Camp Mission:

To provide an opportunity in which baseball players can learn the fundamentals and mental approach to the game in a fun and safe environment.



# Instructor Bios and Camp Activities

**John Anderson** has nine years of professional playing experience and four years of collegiate coaching experience at USF. Currently he is playing with the Chicago White Sox organization and is the co-owner of the Competitive Edge/MBA.

**Adam Barta** was a four year starter at St. Scholastica and Bethany University. He's spent four years on staff at St. Scholastica as a pitching coach where he led his staff to a nation's best 2.20 ERA. Currently Adam is a scout for the Chicago White Sox and is the co-owner of the Competitive Edge/MBA.

**Luke Appert** was the Golden Gophers all-time hits leader and was also selected as an All Big Ten player. Appert was selected as the Big Ten Player of the Year in 2002 and 2003. Currently Luke is starting his 6th year in the Oakland Athletics organization where he was a 6th round draft pick in 2003. He finished the 2007 season in AA Midland. Luke will take the reins as the lead instructor for the 2007-2008 Gopher State Winter Camps.



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## DESCRIPTION OF WINTER CAMPS:

### THANKSGIVING CAMP (2 Day)

This is the Minnesota Baseball Academy's kick-off camp. Luke Appert will be the featured instructor for this two-day hitting and fielding camp. Learn to hit and field from the pro's! **COST: \$150**

### YOUTH ELITE TRYOUT 11U & 12U (Sunday only)

The Elite Tryout will serve as a tryout for the 11U and 12U Youth Bizzard Elite teams. These teams will be assembled for three traveling tournaments: Arizona (March), Iowa (April) and Kansas City (May). Players who would like to try out for the Youth Blizzard Elite team must be 11U and 12U. The age cut-off date is April 30th, 2008. We recommend that if you are trying out for the Blizzard, you should attend this camp! **COST: \$25**

### CHRISTMAS CAMP (2 Day)

This camp will focus on hitting and catching. Matt Rademacher, a catcher who played at the University of Michigan and played professional baseball for the Traverse City Beach Bums, will be the lead instructor. Steve Daugherty, the Minnesota Blizzard Director and lead catching instructor, will also be featured at this camp. **COST: \$125**

### MARTIN LUTHER KING JR. CAMP (2 Day)

For the first time the MBA will be using Dartfish Slow Motion Video Analysis! Each player's swing will be recorded and put into our Dartfish software that allows each student to see their swing frame by frame. Each participant will receive a DVD of their swing, along with comments and drills they can do at home for specific things they can work on. **COST: \$200**

### PRESIDENTS DAY CAMP (Monday only)

This one-day camp will be very similar to the MLK Camp but participants swings will be analyzed with video analysis at each station. This camp will be 100% hitting and will feature Adam Olow, St. Paul Saints standout and the 2004 Northern League Batting Champion. **COST: \$75**

### TRYOUT PREP CAMP (2 Day)

Historically this is a very popular camp and will fill up quickly! It is a great camp to get ready for all the spring tryouts that are around the corner. The entire MBA staff will be on hand to cover all hitting, fielding and running. This camp will also feature the Dartfish Video Analysis. Participants in past years have seen great success with their upcoming tryouts. **COST: \$200**

### MARCH MADNESS CAMP (2 Day)

Want to get a head start on the competition? This is the camp for you! Many (if not all) of the fundamentals of baseball will be covered in this two-day camp. This camp will feature the Dartfish system. **COST: \$200**

We have a great staff assembled for this year's Winter Camps! Don't miss out on this wonderful opportunity for instruction. The MBA will also be offering hitting leagues starting in November and running through January. Use these leagues throughout the winter months to keep your skills sharp. Find out more on these leagues by staying posted to the Winter Camp portion of the MYAS website at [www.myas.org](http://www.myas.org).