

WHAT'S HAPPENING AT OCTOBER 2017



FALL BPA FACILITY HOURS

Monday — Friday 2p — 8:30p
Saturday — Sunday 9a — 3p

MONDAY/TUESDAY NIGHT LIGHTS

Our Hitting League is back in full force for the Fall! New this season are 2-man teams on Monday and Tuesday nights starting at 5p. Monday nights are for 10U. Tuesday nights are for 9U, 11U and 12U. If you have practices on the same day, we will work around times. League is open to non-BPA players. \$60/player for a 6-week session. Fall season for 10U starts Monday, October 9th (registration closed) and Tuesday, October 17th for 9U and 11U (register through Monday, Oct. 16). Games are 1/2 hour. All game times will be emailed prior to season start. More info and sign up online.

TEAM FACILITY MEMBERSHIPS

BPA team facility members have access to the facility 7 days a week during all operating hours, based on space availability. Use the Hack-Attack (a curve ball and ground ball machine), 3 Iron Mike pitching machines, or the bullpens. BPA will be providing small clinics on fielding, hitting and pitching. As team facility members, these clinics will be free to you. More info and details will be posted soon on TeamSnap.

HOLIDAY CAMPS 2017

With summer winding down and school starting, the holidays will be upon us in no time. BPA has you covered with skill camps to help your athlete build their baseball skills. BPA member and sibling discounts. Sign up online at bpsd.com/camps-clinics/

- ⇒ Veteran's Day, F 11/10, \$55
- ⇒ Thanksgiving, M-W 11/20-22 \$165
- ⇒ Week 1 Winter Holiday, TU-F 12/26-29 \$220
- ⇒ Week 2 Winter Holiday, TU-F 1/2-5 2018 \$220

ARM CARE PROGRAM - NOVEMBER

A healthy, strong, and well-conditioned arm is a must for baseball players. BPA's Arm Care Program will prepare pitchers (ages 8-12 / 13-18) for the upcoming season. Former San Diego State pitcher, John Pecoraro, will teach how to maintain, strengthen and unleash arm potential through arm conditioning and building arm strength. John will focus on Arm Circles, Surgical Tubing Exercises, and Long Toss. Each session will be 1 hour and students will learn the importance of keeping their throwing shoulder in shape to prevent injury. \$250 per 4 week program (8 sessions) or \$40 per session. Sign up online.

SUNDAY PREP PROGRAM AGES 6-10 — Step Up Your Game — Ages 6-10

BPA's Sunday Prep program is geared for ALL levels of players ages 6-10 offering core training and development every Sunday, year-round. This is perfect to elevate skills during league play or for a multiple sport athlete. \$99/month or \$149/month for family 2 siblings (plus new player pack of shirt/hat). Try one session for free. RSVP online.

BATTING PRACTICE SESSIONS M&W

Our Batting Practice Sessions give athletes of all ages an opportunity to get extra reps from John Pecoraro. John throws for one hour M&W (ages 8-18) from 6p-7p while each participant takes turns receiving batting practice speed fastballs (off-speed pitches are okay if participant asks prior to each at-bat). 7 maximum participants each session. \$20/hitter for each hour session. Sign up online. NOTE: you MUST sign up 24 hours in advance of each session or walk in session is \$30.

WELCOME TO ROYAL'S CASEY EDELBROCK — BPA's Newest Pitching Instructor

A warm welcome goes out to BPA's newest pitching instructor, Casey Edelbrock, former Kansas City Royals pitcher. Casey is available for privates on Wednesdays from 3p-8p at BPA and other days based on availability. Call the facility or Casey directly at 760-310-3077 to schedule. See the rest of BPA's Instructors here for more info on refining pitching, hitting, fielding, strength and agility skills.