

# BEYOND THE WHITE LINES SOFTBALL CAMP

**SICAMOUS, BC**

**August 4-9, 2019**



Beyond The White Lines is committed to promoting a growth mindset and developing our campers in all facets of the game between and beyond the white lines. Our mission is to create a positive and fun, yet challenging experience for our campers. We offer athletes the unique opportunity of being mentored by and working closely with current and former college and professional coaches and players. Our goal is to not only develop the physical skills of our campers but also to develop life skills such as work ethic, effective communication, managing emotions and embracing adversity. Campers will receive hands-on training on the mechanics of hitting, slapping, bunting, fielding, throwing, base-running position play and more! Our athletes and coaches will participate in discussions involving current research related to mental performance, the learning process, and effective preparation.

We anticipate campers having different levels of skills and abilities, softball goals, and overall camp desires; so we will offer “free time” in which campers can choose to get additional mentoring with our coaches and instructors or use the time to do non-softball activities if desired. We want this to be a special experience for our campers so anything additional that we can do to make this camp memorable please feel free to let us know.

Join us this summer and be part of the BTWL tradition!

**Camp Director: Joni Frei**

[registration@beyondthewhitelines.ca](mailto:registration@beyondthewhitelines.ca)

**CAMP LOCATION:** Sicamous Rec Center, Curling Club, Finlayson Fields

**CAMP ADDRESS:** 1121 Eagle Pass Way, Sicamous BC

**CHECK IN:** Between 3pm – 4pm, August 4, 2019

**CHECK OUT:** Between 12pm – 1pm, August 9, 2019

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## OVERNIGHT CAMP

Fees include: all meals & lodging, camp t-shirt, recruiting seminar, coaches panel, fitness testing, water bottle, try-out for Canada Futures College Showcase Team, report card, BTWL certificate and more! 😊

## DAY CAMP OPTIONS AVAILABLE

Early registration Deadline: July 2, 2019

## CAMP COST

Early registration Deadline: July 2, 2019

### CAMP COST

#### OVERNIGHT:

- Early Registration Deadline: July, 2, 2019.  
Subtotal: \$696.00 GST \$35 TOTAL \$731.00
- Late Registration: after July 2, 2019. SUBTOTAL  
\$728.50 GST \$36.50 TOTAL \$765.00

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## ONLINE REGISTRATION

[www.beyondthewhitelines.ca](http://www.beyondthewhitelines.ca)  
(under “Camps”, “Sicamous Summer Camp 2019”)

## METHODS OF PAYMENT

- Cheque made out to “Beyond The White Lines Softball”  
Mail to: 3425 Webber Rd. West Kelowna, B.C. V4T 1H3
- Email Money Transfer (EMT): [registration@beyondthewhitelines.ca](mailto:registration@beyondthewhitelines.ca)
- PayPal

Please note that any outstanding balances as of July 15th could result in losing your spot to a camper on the waiting list.

***Registration is limited.***

***Register now to secure a spot.***



***Once camp capacity is reached late registrations will be waitlisted.***

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## **CONCESSION**

Cash deposits can be made at registration. Remaining funds will be reimbursed at the end of camp along with individual report cards.

## **INSTRUCTORS AND COACHES INCLUDE:**

Current and former college coaches, national team players, college players, and professional players.

## **GUEST SPEAKERS INCLUDE:**

Byron Miki (Mental Performance Coach)

Pacific Sport Fitness Evaluations

Scott McLaren Level 5 Umpire

## **SPECIAL ACTIVITIES INCLUDE:**

Coaches Panel, College Recruiting Seminar, Mental Training, Film Analysis, Speed & Agility, Umpire Clinic, Capture the Flag & Mission Impossible (with coaches), Skills Competition, Talent Show, Swimming, UCLA Documentary, OPPOSITE FIELD Documentary, Game Analysis, Report Cards, End of Camp Awards Ceremony and MORE!

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## **SAMPLE CAMP FORMAT**

Campers will be assigned to teams based on requests, ages and assessed skills.

Morning & Afternoon: Skills, Drills, Analysis, Speed & Agility, Concepts & Strategies

Evening: Softball Games

## **SKILLS/TECHNIQUES TO BE COVERED INCLUDE:**

Hitting, Pitching, Catching, Throwing, Infield, Outfield, Base-running, Sliding, Diving, Bunting/Slapping right side, Bunting/Slapping left side, Game strategy, Position Specific Play and more!

## **CAMPER CHECK-LIST:**

Sleeping bags, pillows, foam mattress or air mattress and pump, bedding, shower shoes, towels, sunscreen, toiletries, dirty clothes bag, flashlight, bathing suit, sandals, water-wings, athletic apparel including: ball pants, t-shirts, ball socks, hat/visor, all softball equipment including: bats, gloves, batting gloves, helmet, catcher's gear, sliders, chargers, cell phones, softball journal. Please note beds are not provided.

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## **A TYPICAL DAY AT CAMP**

8:00am Wake up (to Coach Frei's beautiful singing)

8:30am Breakfast 9:00am

Head to the fields

12:00pm Lunch

12:30pm Free Time

(extra practice, swimming at the lake, snoozing, free time etc)

2:00pm Head to the fields

5:00pm Dinner

6:00pm Softball Games

8:00pm Concession

8:30pm Showers

9:00pm Night-activities

(including capture the flag, movies, talent show.)

10:00pm Lights out

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## TENTATIVE MENU:

\*Meals will be based on the Canada Food Guide

### August 4

Dinner: Pasta Bar with 2 sauces and salads, garlic toast (Italian theme)

### August 5

Breakfast: Cereal, fruit salad, muffins

Lunch: Make your own sandwiches (cold cuts, cheese, lettuce, pickles, tomatoes), cut veggie trays

Dinner: Roasted chicken, potatoes, vegetables

### August 6

Breakfast: Pancakes, eggs, fruit salad

Lunch: home-made macaroni and cheese, tossed salad, buns

Dinner: tacos (soft and hard) (Mexican theme)

### August 7

Breakfast: Eggs, hash-browns, ham and toast

Lunch: Chili, buns, tossed salad

Dinner: Homemade hamburgers and potato salad

### August 8

Breakfast: French Toast, cereal and toast

Lunch: Homemade pizza and veggie tray

Dinner: Lasagna, Salad, Bread

### August 9

Breakfast: Muffins, fruit salad, cereal

Lunch: Hot dog cookout with potato salad

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If your child has any food allergies or requires a gluten free diet please note this on the online registration. We will get you in touch with our cook closer to the start of camp to arrange meals.

## **WAIVER OF LIABILITY**

The Waiver of Liability is filled out with the online registration process. If you do not complete online, you will need to fill out a hard copy of the waiver at check-in.

## **CANCELLATION POLICY**

Once you register and pay for camp, any cancellation, transfer, or credit request will fall under the following policies:

### **AFTER JUNE 30th**

- CANCELLATION (for any reason): Credit of Amount Paid minus (-) \$50 Cancellation Fee

### **AFTER JULY 15th**

- CANCELLATION (for any reason): Credit of Amount Paid minus (-) \$100 Cancellation Fee

### **WITHIN 48 HOURS OF CAMP START**

- CANCELLATION (for any reason) - Credit of Amount Paid minus (-) 50% of Camp Cost

## **VOLUNTARY WITHDRAWAL/CAMP DISMISSAL**

- For campers that leave camp due to voluntary withdrawal or dismissal from camp, there will be no refunds of any kind. Some examples of voluntary withdrawal consist of but are not limited to - homesickness, birthday parties, etc.

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## **Additional Information:**

If there are any coaches, parents, family relatives, that are interested in attending camp and helping out with concession, game music, chaperoning etc. please get in touch with Joni Frei to discuss possibilities. All parents, family members, coaches etc. are welcome to observe camp at any time. Please introduce yourself to Joni Frei on your way in.

All camp coaches and instructors will stay on location with campers and act as chaperones.

Please note that we will do our very best to ensure that campers are put on teams with their friends. However, this may mean that campers have a little less time in their primary positions. Example: 4 girls request to be on the same team and all girls are pitchers and also play short-stop. Additionally all girls are above skill in their respective age group so they are assigned to an older team. If there are any issues with team assignments campers are encouraged to bring this to the attention of Camp Director, Joni Frei immediately so we can make the necessary changes.

In case of an emergency please add Joni Frei to your cell contacts and text message her the week prior to camp with your daughter's name. 250-575-8705

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