

# 2010 SUMMER BASEBALL ACADEMY

Since our establishment in the fall of 2005, Five Star Sports Academy was created to give the highest level of baseball training in Orange County. Our training and coaching staff all have professional or collegiate level experience and are instructing some of the top professional, college, high school and youth league players in Southern California. It is our goal to help each player develop their skills to their fullest potential. We stress the importance of not only the fundamentals and mechanics of the game, but also help each player's mental approach to the game in a fun and exciting and challenging way to bring each player's game to the next level.

Each Academy member will receive 3 1/2 hours of professional instruction, stretching, conditioning, and a TEAM 5STAR t-shirt

***Dedication ~ Respect ~ Leadership ~ Teamwork ~ Sportsmanship***

*Lessons each camper will learn through the camp to carry into life.*

## ADVANCE TRAINING CAMP



We will be holding an Advanced camp for Travel ball level and high level rec league players at the same time and same park.

Please indicate if you want to be included in the advanced level camp.

**Advance Camp is \$10 additional per player.**



Sample day:  
9:00-9:15 Stretch  
9:15-9:45 Conditioning  
9:45-9:50 Break  
9:50-11:50 Drills and stations  
11:50-12:00 Break  
12:00-12:30 Skills Competition

**INSTRUCTION  
SECOND TO NONE**

Jeff Holly  
Shaun Larkin  
Neil Walton  
Bobby Andrews

## SUMMER ACADEMY DATES:

August 2-6 - LeBard School, HB  
August 9-13 - LeBard School, HB  
August 16-20 - Fountain Valley HS  
August 23-27 - Fountain Valley HS

## ACADEMY TIMES:

9:00am - 12:30pm

Week 1 = \$160

Sibling or 2 Weeks = \$295

3 Weeks = \$360

**EACH WEEK SPECIAL CURRENT & FORMER PRO PLAYERS WILL  
BE ATTENDING TO TEACH & SIGN AUTOGRAPHS**

What to Bring: Baseball attire, cleats, hat, sunscreen, water, snacks.

[www.FiveStarSportsAcademy.com](http://www.FiveStarSportsAcademy.com)

Register on line at [FiveStarSportsAcademy.com](http://FiveStarSportsAcademy.com)

Contact Scott Mahaffy, President and Owner  
[Team@FiveStarSportsAcademy.com](mailto:Team@FiveStarSportsAcademy.com)

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