

CALGARY CUBS

Winter Training 2008



*6 - Week Skills and
Conditioning Camp*

Dates:

January 20th—February 28th

Athletes: Ages 10-18

Cost: \$270 (\$15 per hour)

Times & Location:

Sunday's 6:30pm-8:30pm

Location—Calgary Golf Dome

Thursday's 6pm-7pm or 7pm-8pm

Location—WRD Logistics Warehouse



For more information or to register contact

Miki Kawahara - 540.8797 or mckawahara@hotmail.com



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Skill Development:

All facets of the game will be improved throughout the 6-weeks of training. Pitchers, catchers, infielders, and outfielders will get specialized instruction at their position. Hitters will work on developing a consistent swing in a controlled environment and will progress to live swings as opening day draws near.

Strength and Conditioning:

Baseball-specific conditioning will be developed in the following areas:

- Balance
- Agility/Footspeed
- Linear Speed
- Upper & Lower Body
- Rotary Strength & Power
- Core Stability
- Shoulder Stability
- Rotator Cuff Conditioning

Coaching Staff:

Stephen Sullivan: ▶ Coached with the Calgary Cubs for the last 3 years ▶ Assistant coach with the University of Calgary Dinos baseball team ▶ Coached with Team Alberta at the Western Canada Summer Games, Prospect Series and Canada Cup ▶ Attended Prairie Baseball Academy ▶ Experience coaching players of all ages

Miki Kawahara: ▶ Played college baseball with the Douglas College Royals and University of British Columbia T-Birds where he was an Academic All-Canadian ▶ Trained 8 months at the National Academy of Sport in Canberra, Australia ▶ Coached Coquitlam Red Legs to back-to-back Regional Championships in the BC Junior Premier League ▶ 2007 guest coach at BC Provincial Camp in Oliver, BC ▶ Head off-season conditioning coach for youth, college, and professional players ▶ Graduated from UBC with a degree in Human Kinetics

