

The Langley Secondary Baseball Academy is a unique program in which diverse students train together with the common purpose of improving their individual and team skills in baseball. The program is open to all students at all skill levels and the focus is on individual skill and team tactical development.

Students will have two baseball academy blocks every day in the second semester. The on field staff will consist of a Head Instructor and at least one assistant instructor every session in addition to a Langley Secondary teacher assigned to the baseball academy.

The Baseball Academy instructors are Jamie Bodaly and Corey Eckstein. Both instructors have a lot of experience with instructions and have strong coaching ties to the BC Premier Baseball League. There will also be guest instructors from College players, Pro Players and Professional Coaches.

Facilities:

- McLeod Athletic Park Turf Field
- McLeod Athletic Park Grass Diamonds
- TOL Covered Lacrosse Box
- McLeod Athletic Park Baseball Diamond
- Indoor Training Facility
- Fitness Unlimited Fitness Centre

LSS Academic Support:

- LSS Teacher assigned as a year-long academic advisor
- Career prep and course selection
- Canadian and American College & University Requirements
- SAT Preparation
- NCAA Database registration
- Scholarship preparation and application process

For More Information:

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LANGLEY SECONDARY BASEBALL ACADEMY



2016-2017

SCHOOL YEAR

lssbaseballacademy.com

Curriculum Outcomes:

General Softball Skills

- Throwing Mechanics
- Receiving Mechanics
- Hitting
- Base Running

Positional Softball Skills

- Infielders
- Outfielders
- Pitchers
- Catchers

Team Development Skills

- Situational Infield Practice
- Situational Outfield Practice
- Hitting the Cuts
- Bunt Defence
- Defending Steals

CLASSROOM MATERIAL

- Mental side of baseball
- Baseball Opportunities and pathways
- Sport Nutrition
- Injury Prevention and Rehabilitation
- Video Analysis

A DAY IN THE LIFE OF A BASEBALL ACADEMY STUDENT

The Langley Secondary Baseball Academy offers top level instruction on both sides of the ball. There will be significant amount of time focussed on the field, time will also be focused on the physical and mental aspect of the game. From baseball strategy, video analysis, nutrition and strength and conditioning to potential career opportunities in the game. Langley Secondary Baseball Academy offers an in depth and hardworking aspect to the game you already love.

A TYPICAL COURSE CALENDAR OF A GRADE 10 STUDENT

SEMESTER ONE

AM

Science 10

Social Studies 10

PM

Elective

Planning 10

SEMESTER TWO

AM

English 10

Math 10

PM

Baseball

Baseball



FACILITIES

McLeod Athletic Park Turf Field

McLeod Athletic Park Grass Diamonds

TOL Covered Lacrosse Box

Two LSS Gymnasiums

ACADEMIC SUPPORT

LSS Teacher assigned as a year long academic advisor

Canadian & American College Requirements

Career and Course Selection Prep