

Sandlot Baseball – Summer Camp Style

By Gary Adcock

I was a junior at UCLA and we were playing in the NCAA regional at Texas A&M when we decided to go see a movie on our off day. There was a movie about baseball so we decided to give Sandlot a chance. Although it was not set in the 70's when I grew up it still reminded me of the hot Riverside summer days when my friends and I would wake up, head outside, and play ball all day long. It was a great reminder of how at a young age we played baseball for fun, for enjoyment, and because we loved it.

Sadly times have changed. Tragically in today's world we need to be more careful about playing outside, walking to the park, or playing a game in the cul-de-sac next door. We have replaced "sandlot" baseball with private lessons, video games, and travel teams. But there still is one place where we can go back to Sandlot style baseball.....Summer Baseball Camp.

At summer baseball camp kids can go outside and enjoy baseball, enhance a skill, make new friends, and play in a safe environment. For 20 years I have been involved in summer baseball camps and each year it gets better. In 2008 we opened Totman Field, a beautiful baseball complex, with state of the art facilities. Covered batting cage and bullpen areas make the teaching environment second to none in Riverside as well as giving us shade from the hot summer sun! The CBU Lancers Baseball Camp offers an opportunity to receive quality instruction with a fun and Christian approach. Included in the camp format is skill instruction in areas such as; infield, outfield, hitting, bunting, team offense, and team defense.

Camp is open to boys and girls, ages 6-13. Campers are separated into small groups according to their age. With a camper to coach ratio of 8:1 campers receive quality instruction with a specific emphasis put on skill instruction. Game competitions highlight the afternoons where campers will participate in age specific games that parents are welcomed to attend. What has quickly become a camp favorite, the giant slip n slide, teaches campers the proper way to dive head first into a base as well as cools them off for an hour.

We may not be able to go back to the Sandlot Days, but summer baseball camp is a trip back in time; to a place where young ones can practice and play freely learning about the game that so many of us love, Baseball.

See you next summer! You can find information about our baseball camps at www.cbulancers.com or email Coach Adcock at gadcock@calbaptist.edu.

Typical Camp Schedule

9:00 am Lecture #1 by Coach
9:30 am Offensive Stations
10:30 am Team Offensive Drill
11:30 am Lunch
12:30 pm Defensive Stations
1:30 pm Team Defensive Drill
2:00 pm Games
3:00 pm Dismiss