



• HOW TO PREPARE FOR CAMP •

And Other Important Info

| Questions call 562-686-8262 |

WELCOME

Thanks for choosing Called Up Baseball Camp this summer! Camp check-in will open at 8:20am on Monday August 2nd. Parent's are welcome to stay for camp opening at 9am. We will be getting started promptly at 9am so we can maximize our time on the field. Camp ends everyday at 4pm. Please remember to download the medical release form fill it out and bring it to the first day of camp on Monday. **Players can not participate without a medical release. [Medical Release Form here \(PDF\)](#)**

WHAT TO BRING

- Players should bring glove, hat, cleats, bat, helmet, and baseball attire (shorts not recommended).
- Catchers bring your own gear.
- Water Bottle.
- Swimming suit, Towel, Sunscreen **in a small bag (plastic, etc.) with players name on it!**
- Tennis shoes (No cleats in the cafeteria)
- We suggest you mark your glove, bat, hat and anything else you would like to claim if it gets lost!

SAMPLE SCHEDULE

9am - Team Jog, Stretch, Throw
9:15am - Coach's Time
9:30am - Fundamental Stations
11:30am - Lunch in the Cafeteria
12:30pm - Character Development/ Bible Time
1pm - Swimming at Biola Pool (**Advanced Campers Weight/Speed Training 1-1:45pm on Turf Field**)
2pm - Game Competition
3:30pm - Conditioning/Touchdown Tommies
3:45pm - Wrap-up/Daily Awards

LUNCH

A full buffet lunch will be served at the Biola cafeteria everyday.

Café Biola has been completely renovated and offers a variety of foods at 6 different stations. Breakfast pastries, artisanal breads and house-made desserts are made fresh daily by the baker and are available at the **Grain Gallery**. You'll find a custom deli and wrap station at **the Garden** along with fresh local and organic produce for composing healthy and delicious salads. **The 6th Street Grill** offers daily specials and favorites like the Bon Appétit Signature Burger and French Fries. **The Pizzeria** features a variety of house-made pizzas and calzones. **The Chef's Table** is an exhibition station featuring made-to-order pasta bars or stir-fry sensations prepared with authentic flavors. At **the Home Cookin-station** one can find classic dishes from Fried Chicken with Country Gravy to Fresh Vegetable Lasagna and Garlic Bread. All the stations are all you care to eat and represent the best of Bon Appétit!

SWIMMING

We will be swimming at the Biola Pool which is fully staffed by lifeguards from the Biola Swim Department.

OTHER CAMPER BENEFITS

- 35 Hours of Baseball Instruction and Fun
- Official Full Color Called Up T-shirt
- Fellowship of Christian Athletes Baseball Bible
- Daily and Full Week Awards and Prizes
- Coaches Autograph Poster
- Camper Evaluation -- Each player is given a written evaluated by their coach
- Camp Photo
- Called Up Hats are available for purchase at the registration tables for \$20

Any additional questions email info@calledupbaseball.com

We look forward to seeing you on Monday morning August 2nd!

Called Up Baseball Staff