



Admission
\$350
/camper

GRAND SLAM

SUMMER CAMP

About This Camp

Beacon Hill Little League is excited to announce its 2025 inaugural Jr. Academy Grand Slam summer camp. This one week camp is for 12U, 11U and 10U players that want to take their game to the next level, and have fun doing it.

Camp Details

14-18 July

When: July 14- 18, 2025

- Time: 9:00 am - 3:30 pm
- Location: Hollywood Park
- Ages: 10, 11, 12

Skills, Drills and Competitions

We will focus on all areas of the game including hitting, pitching, fielding, and base running. This is a great opportunity for all players to improve their baseball skills in a fun environment. The camp will be held at Hollywood Park. Coaches will include Cody Fitzsimmons, Connor Russell and 4 current Victoria Eagles players.



Beacon Hill Little
League
Gonzales Ave,
Victoria, BC V8S 1N4

More Information

Chris Barrington-foote 250-881-3668

Email: president@beaconhillball.com

What to Bring	Daily Schedule
Glove	9:00 - Check in
Helmet	9:15 - Warm Up & Stretch
Bat	9:45 - Skills & Drills (Each day there will be a m
Cleats	12:00 - Lunch
Baseball Pants	12:30 - Game and/or drills
Water Bottle	3:00 - Cool Down & Debrief
T-shirt provided	3:30 Dismissal

2025 Summer Baseball Camp Itinerary

Dates: Monday, July 14 – Friday, July 18

Location: [Hollywood Park]

Coaches in Charge: Connor Russell & Cody Fitzsimmons

Support Staff: 4 Victoria Eagles Players

Daily Structure

Mornings: Skill development through drills and station work

Afternoons: Competitive games

Friday: Morning playoff games, afternoon beach day & awards



Day 1: Monday, July 14 – Camp Kickoff & Evaluations

8:00–8:30 – Coaches meeting

8:30–8:45 – Field/station setup, camper arrival

9:00–9:15 – Welcome, introductions, camp guidelines (Connor & Cody)

9:15–9:30 – Coaches Corner: Throwing Mechanics (Connor)

9:30–10:00 – Dynamic warm-up (Cody)

10:00–10:30 – Throwing routine (Connor)

10:30–10:45 – Water break

10:45–12:00 – Evaluation Stations:

Hitting (Connor + Eagle)

Infield & Groundballs (Connor + Eagle)

Outfield & Fly Balls (Eagles)

Catching & Pitching (Cody)

12:00–12:30 – Lunch

12:30–12:45 – Team designation & warm-up

1:00–2:45 – Games (3 teams, rotating: 2 play, 1 hits in cage w/ Exit Velocity Superstar challenge)

2:45–3:00 – Cooldown and stretch

3:00 – Wrap-up and quick coaches meeting

Day 2: Tuesday, July 15 – Positional Work & Hitting Approach

8:15–8:30 – Coaches meeting

8:30–8:45 – Field setup

9:00–9:30 – Check-in & Coaches Corner: Hitting counts & plate approach (Connor & Cody)

9:30–9:45 – Active warm-up (Eagles lead)

9:45–10:15 – Throwing routine (Connor)

10:15–10:30 – Water break

10:30–11:15 – Defense/Offense Split:

Defense Focus: Control & securing the ball

PFP (Connor)

OF drills (Eagles)

Middle IF turns (Eagles)

Offense Focus: Load & explode

Front toss (Cody)

Side toss/wiffles (Eagles)

Tee drills (Eagles)

11:15–12:15 – Switch groups and repeat

12:15–12:45 – Lunch

12:45–1:00 – Team assignments

1:15–2:45 – Games (2 games, 1 team in cage)

2:45–3:00 – Cooldown & recap

Day 3: Wednesday, July 16 – Baserunning & Primary/Secondary Position Focus

8:15–8:30 – Coaches meeting

8:30–8:45 – Field setup

9:00–9:30 – Coaches Corner: The running game (pitchers, catchers, runners)

9:30–9:45 – Warm-up (Eagles lead)

9:45–10:15 – Baserunning stations:

1st base leads (Connor)

2nd base (Cody)

3rd base (Eagles)

10:15–10:30 – Throwing routine (Connor)

10:30–10:45 – Water break

10:45–11:30 – Primary position work:

Pitchers (Connor)

Catchers (Cody)

Infield (Eagles)

Outfield (Eagles)

11:30–12:15 – Secondary position work (players rotate; coaches stay)

12:15–12:45 – Lunch

12:45–1:00 – Field/team assignments

1:15–2:30 – Games

2:30–2:45 – 40-Yard Dash Superstar Challenge

2:45–3:00 – Cooldown

Day 4: Thursday, July 17 – Game Readiness & Live BP

8:15–8:30 – Coaches meeting

8:30–8:45 – Field setup

9:00–9:30 – Coaches Corner: Pre-game routines & BP approach

9:30–10:30 – Throwing routine + position-specific defense

Pitchers (Connor)

Catchers (Cody)

Infield & Outfield (Eagles)

10:30–12:15 – Hitting & Skills Stations:

Cage hitting (Cody + Eagle)

Bunting / Pepper / Bullpen (Connor + Eagle)

Shag & live reads (Eagles)

Live BP + conditioning circuit (Eagles + Coach)

12:15–12:45 – Lunch

1:00–2:45 – Games & Off-Team Skill Challenges:

Throwing Accuracy Superstar

Velocity Superstar

2:45–3:00 – Cooldown

Day 5: Friday, July 18 – Playoffs & Beach Day

8:15–8:30 – Coaches meeting

8:30–8:45 – Field setup

9:00–9:30 – Coaches Corner: Effort, attitude, handling adversity

9:30–10:30 – Warm-up, throwing, and team BP

10:30–12:15 – Playoff Games

Semi-final: 2nd vs 3rd

1st place team gets bye

12:15–12:45 – Lunch

1:00–1:45 – Championship Game

1:45–3:30 – Skills Competitions & Beach Fun:

Team Relay Race (6 players)

Team Base Race (4 players)

Home Run Derby (1–2 players)

Obstacle Course Final (Top 4 points leaders)

3:30 – Closing Remarks, Thank You's, Camp Wrap-Up