



## RIJO ATHLETICS CALENDAR OF EVENTS 2009 - 2010

Event	Date	Time	Location	Cost
<b>ALL SPORTS Fall/Winter Plyometrics Academy (Ages 9-13)</b> <i>All sports. Foot speed and first step quickness with low impact on knees to prevent injury to young knees <b>W/O weights.</b></i>	<b>Year-Round</b> (Tues & Thurs)	7 PM - 8 PM	Rijo Athletics	\$250.99 per month
<b>ALL SPORTS Fall/Winter Conditioning Academy (Ages 14-18)</b> <i>We will be working on sport-specific conditioning, speed work, plyometrics training, stretching &amp; strength training w/weights. Various exercises will be taught during this 4-month training program. This will be the perfect opportunity to get in shape for the season &amp; learn how to do it the best way w/ proper form. All classes taught by certified personal trainers. (Max 20 per session).</i>	<b>Session A</b> <b>10/12/09 - 2/25/10</b> Mon & Wed	8 PM - 9 PM 8 PM - 9 PM	Rijo Athletics	\$250.99 per month (Oct. \$150.99)
	<b>Session B</b> <b>10/13/09 - 2/27/10</b> Tues & Sat	8 PM - 9 PM 11 AM - 12 PM		
<b>Showcase Event: Las Vegas Classic Tournament (Ages 10-18)</b> <i>By invitation ONLY! If interested, please contact us. This is the #1 baseball tournament in the country.</i>	<b>10/30/09 - 11/02/09</b>	TBA	Las Vegas, NV	\$299.99 (plus all expenses)
<b>Girls Strength Academy (Ages 13-18)</b> <i>A girls only weight academy where you will be working on sport-specific conditioning, speed work, plyometrics training, stretching and strength training with weights. Various exercises will be taught.</i>	<b>11/03/09 - 2/25/10</b> Tues & Thurs	6 PM - 7 PM 6 PM - 7 PM	Rijo Athletics	\$200.99 per month
<b>Fall/Winter Infield Camps (Ages 10-18)</b> <i>Learn how to create angles to the ball, as well as ball deflection, how to maximize arm strength, and smooth footwork. Please talk to an instructor to get approval for which class level is recommended..</i>	<b>11/07/09 - 2/20/10</b> (Saturdays)	1:00 PM - 2:30 PM	Rijo Athletics	\$600.99 or \$175 mnth (\$250 deposit at time of registration).
	<b>11/07/09 - 2/20/10</b> (Saturdays)	2:30 PM - 4:00 PM		
<b>Pitching Camp (Ages 10 - 18)</b> <i>Learn smooth throwing mechanics while increasing velocity at the same time. Learn different pitches and hitter's tendencies. Two six week courses to choose from.</i>	<b>Session A:</b> <b>11/01/09 - 12/13/09</b> (Sundays)	11:30 AM - 1 PM	Rijo Athletics	\$295.99 (for one session)  \$500.99 (for <b>both</b> sessions)
	<b>Session B:</b> <b>1/17/10 - 2/21/10</b> (Sundays)			
<b>Catching Camps (Ages 10 and older)</b> <i>Want to get a faster pop time, move to the ball quicker, and be a smarter catcher? Come work on all aspects of catching with an emphasis on quickness and becoming a smarter team leader. We will chart times and work on increasing arm strength, pop and range of motion behind the plate. Get ready to work!</i>	<b>Session A</b> <b>11/07/09 - 12/12/09</b> Saturdays	10:15AM - 11:45 AM	Rijo Athletics	\$299.99 (for one session)  \$500.99 (for <b>both</b> sessions)
	<b>Session B</b> <b>1/16/10 - 2/20/10</b> Saturdays			
<b>Softball Fastpitch Camp (Ages 10-18)</b> <i>Softball camp with <b>Krista Colburn</b> current UCLA All-American softball player; pitching, hitting, fielding, catching and speed &amp; agility will all be covered.</i>	<b>12/21/09- 12/22/09</b>	5 PM - 9 PM	Rijo Athletics	\$275.99

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<b>2009 Christmas Camp (Ages 7-12)</b> <i>Come learn techniques that will help take you to the next level. This camp will cover all aspects of the game of baseball and softball: hitting, pitching, fielding, catching and even speed and agility.</i>	12/28/09 - 12/31/09	10 AM - 1 PM	Rijo Athletics	\$245.99
<b>Showcase Event: Brea California (16u and 18u)</b>	TBA	TBA	Brea, CA	\$299.99
<b>Showcase Event: Martin Luther King Jr. Weekend Tournament (18u, 16u, 14u and 12u)</b>	TBA	TBA	Phoenix, AZ Riverside, CA	\$299.99
<b>Coaches Clinics</b> <i>Come learn the techniques and drills to help all levels, ages and abilities whether it's for your son/daughter or team. See live demonstrations.</i>	2/22/09	5 PM - 9 PM	Rijo Athletics	\$29.99
<b>Advanced Manager Training Course</b> <i>Advanced training with workshops on efficient practice planning, hitting, fielding, catching, pitching, communication, effective drills. Learn how to be the complete coach &amp; positive role model. You will be given a test to become Rijo-certified.</i>	Year-Round	Six 2-Hour Sessions	Rijo Athletics or offsite	\$299.99
<b>College Promotion Seminar (High School grades 9-12)</b> <i>Parents please attend with your player.</i>	3/08/09 & 8/09/09 Sunday	6 PM	Rijo Athletics	FREE
<b>Softball Infield Camp (All Ages)</b> <i>Not only will this camp help you with your athleticism and quickness as an infielder, it will be great repetition to prepare you for your weekend tournaments.</i>	6/23/09 - 7/31/09 Tues & Fri	4 PM - 5:30 PM	Rijo Athletics	\$50/week
<b>Showcase Event: USA Junior Olympic Tournaments (Ages 15- 16 year-olds)</b> <i>By invitation ONLY. Call for tryout info.</i>	TBA	n/a	Peoria, AZ or Jupiter, FL	N/A
<b>Summer Outfield Camp (Ages 14-18)</b> <i>Camp to cover all aspects of the outfield from game situations to taking the proper routes, footwork, throwing technique and most importantly, to be the complete outfielder. Learn the same techniques &amp; use the same drills that José Rijo-Berger used while playing with the New York Mets.</i>	7/07/09 - 7/10/09	11:30 AM - 1 PM	Rijo Athletics	\$175.99
<b>Speed &amp; Agility Camp * ALL SPORTS * (Ages 10-18)</b> <i>Speed work through rope drills, ladder drills and dot drills; agility and plyometrics using boxes, cones and hurdles. This camp will be run by former University of Washington Football Strength Coach Michael Brandenburg and other Rijo Athletics staff members.</i>	17 Sessions 6/22/09 - 7/31/09 Mon, Wed & Fri  9 Sessions 7/01/09 - 7/29/09 Mon & Wed	1:30 PM - 3 PM	Rijo Athletics	\$475.99  \$295.99
<b>Summer Baseball &amp; Softball Camps (Ages 7-13)</b> <i>A great way to stay in shape, both mentally and physically, during the offseason! These camps are for baseball and softball athletes committed to improving their skills and overall physical ability.</i>	Session A: 7/13/09 - 7/16/09  Session B: 8/03/09 - 8/06/09	9 AM - 12 PM	Rijo Athletics	\$245.99
<b>2009 Fall Instructional Baseball: Fall Ball (Ages 10-18)</b> <i>An even blend of regular games and instructional inter-squad games will occur to allow players to learn, as well as test their skills in real games. These are the very same methods that top level colleges and professional teams use to prepare their players for the season.</i>  **** NEW THIS YEAR: <i>Players this year will receive more time at bats with coaches pitching to ensure more at bats.****</i>	<b>Ages 10-12</b> 8/22/09 - 9/20/09 5 consecutive wknds(Sat/Sun)  <b>Ages 13-18</b> 9/05/09 - 10/11/09 6 consecutive wknds (Sat/Sun)	TBA	TBA	\$399.99 (discount if paid by 7/15)  \$599.99 (discount if paid by 7/15)
<b>Personal Training for Parents</b> <i>Don't just sit around on our couch while your kids are training - you too can workout with one of our certified personal trainers! We can design diet programs, exercise routines, etc. to fit your needs!</i>	Schedule by appointment only.		Rijo Athletics	\$30 - 45/hr

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