

Why do kids play sports? Besides the obvious benefits to health and fitness there is a lot more to be gained. Children learn that the best way to improve at something is through hard work. You don't get better by doing nothing. Sports can also be an avenue for a child to gain an identity and self confidence. A confident child is a happy child, that confidence will also make them more successful in everything they do. At Future Star Baseball we consistently work on not only improving the student in the physical world but also work to instill a self confidence through success and improvement that translates into all aspects of a child's endeavors.

This summer Future Star Baseball is going to offer two types of camps with multiple sessions. Future Star Baseball is run by me, Ben Mangan. I've been coaching in the Piedmont community for almost 10 years and carry a waiting list for my private lessons for large parts of the year. My coaching style of consistent praise and positive re-enforcement lead to both improved skills and self confidence. Players have a great time while improving their game with specific instruction. Future Star camps are kept relatively small so a community atmosphere can be attained. Players are encouraged to give positive re-enforcement to each other in both competitive and non-competitive games and drills.

The **Sports, Fun and Fitness Camp** is an all sports camp with a focus on baseball. The camp will combine fun games with specific instruction in baseball, basketball, and football. Students will be taught multiple ways to exercise and fitness will be part of the camp culture. Players at all fitness levels are welcome. It's important to show a child that working out can be fun and should be an everyday part of life. Getting the exercise bug imprinted on a child at an early age will reap large benefits as the player gets older. There will be at least one workout a day to work on both strength and endurance along with a kid pitch baseball game. Players will be both exhausted and happy by the end of the day.

Our **Hitting Camp** will focus on all aspects of hitting including; contact, power, hitting off speed pitches, and hitting fast pitchers. The camps will combine specific instruction with fun hitting games. There will be a fitness component of the camps focusing on overall body strength. Players will be put into multiple hitting situations and will be put into positions where they will succeed. Hitting has so many mental components, taking out the stress of failure will let the child hit all types of pitches. He or she can then take this new confidence into a game atmosphere.

For more information on summer programs and registration materials please visit futurestarbaseball.com