



**Adult Baseball Camp
November 6-12, 2022
Jackie Robinson Training Complex
Vero Beach, FL**

Welcome to LADABC's Adult Baseball Camp. It is our goal to ensure that you have one of the greatest baseball experiences available. If you were fortunate enough to have attended one of the Los Angeles Dodgers "Fantasy Camps" held at their long time Spring Train home – Dodgertown, Vero Beach, Florida, we believe that you will feel right at home. Although names have changed and new facilities have been added, the Jackie Robinson Training Complex still holds a special place in the hearts of all Dodger fans. And what better place to live out your dreams of being a big league ball player.

If this is your first camp, we feel that you're in for an experience that you will cherish for years to come. So much so, that you will return again and again.

To make your week the most successful it can be, here are some things to consider.

THINGS TO BRING

During the Day:

We provide almost everything you will need on the field and off. While you're playing, we provide uniforms for those who have ordered them. On field you'll find helmets, bats, catcher's gear, water.

You will be responsible for bringing your own uniforms, if you've opted not to receive new ones, glove, shoes and undergarments – supporter, personal protector, etc. If you forget to bring something, like socks, stirrups, sanitary socks, etc., ask. We may have what you need.

Metal cleats are permitted but only in Holman stadium and 3 of the 4 outlying fields. Molded plastic and/or turf shoes are not required but are highly recommended. JRTC has converted Field Determination (field #2) into an all turf outdoor field and the 42 Building is all turf. Although we don't anticipate using them, we may have to in the event of rain. So bring molded cleats, sneakers or turf shoes just in case.

In the Evening:

We also provide all meals beginning with dinner on Sunday and ending with breakfast on the following Saturday. Breakfast is served in the dining room and lunch in the locker room. Dinners will be served in the dining room. While dress during the day is usually in uniform, dress at dinner is casual wear but please no shorts. So please pack accordingly.

Generally:

You may also want to bring items for the coaches to sign. You will receive a souvenir ball signed by all the coaches and a camp photo. If you would like individual autographs on items, you are welcome to bring them. In addition, the Camp Store will have additional authentic MLB baseballs and various photos of the coaches for purchase. There are other items in the store - souvenir caps, jackets, shirts, shorts – so feel free to browse. The Store will be located in the locker room area.

Some suggestions to stay healthy:

While some campers prepare for this event all year long, it is never too late to start getting ready. We suggest that you prepare yourself before camp with some daily stretching, some walking/jogging, and some throwing and hitting.

When you get to camp, we suggest that you:

1. Stretch every day – morning & afternoon.
2. Do not push your running & throwing the first couple of days. You do not need to impress anyone.
3. Follow all safety regulations.
4. Drink lots of water and use sunscreen every day.
5. Treat any injury early – no matter how small – in training room.
6. Be a good team member – try new positions.
7. Stay calm and cool with the umpires – everyone makes mistakes.
8. Swing the bat – strike zone will be larger here.
9. Ask questions of the Dodger greats. They will be happy to help you.
10. Have fun – enjoy your camp!

DAILY AGENDA

To give you a glimpse of what to expect over your week-long stay, here's the Agenda for the 2022 edition of the LADABC Adult Baseball Camp. Please note that this is subject to change especially in the event of inclement weather.

Sunday 11/6 - Day 1

Noon - Locker room check in

2:00 - 4:00 - Mandatory Rookie Workout / Veteran Pick Up Game

6:00 - 10:00 - Welcome Reception and Dinner

Monday 11/7 - Day 2

6:00 - 8:00 - Breakfast

9:00 - 9:30 - On Field Welcome - Introductions

9:30 - 9:50 - Stretching

10:00 - 11:30 - Station Workouts with Team

Noon - 1:00 - Light Lunch - Locker Room

1:30 - 2:00 - Game Prep / Stretch & Throw

2:00 - 4:45 - GAME 1 (9 innings)

6:00 - 10:00 - Happy Hour, Dinner, Potato Head, Evening Discussion

Tuesday 11/8 - Day 3

6:00 - 8:00 - Breakfast

8:15 - 8:45 - PICTURE DAY - EACH TEAM ASSIGNED TIME (CAMPER is responsible to be on time)

8:45 - 9:30 - Stretching - Team BP / INF - OF

9:45 - 11:45 - GAME 2 (7 innings) CP

Noon - 1:00 - Lunch - Locker Room

1:30 - 1:50 - TEAM / Stretch & Throw (on own)

2:00 - 4:45 - GAME 3 (9 Innings)

6:45 - 10:00 - Happy Hour, Dinner, Kangaroo Kourt, Discussion

Wednesday 11/9 - Day 4

All Star Day (Teams picked by Coaches)

6:00 - 8:00 - Breakfast - (All Start Teams posted in Locker Room)

8:30 - 9:15 - Stretching - Team BL / INF - OF - AS Teams Assigned to Field

9:30 - 11:45 - GAME 4 - AS Games - North v. South / East v. West 7 Innings

Noon - 1:00 - Lunch - Locker Room

1:30 - 1:50 - WINNING TEAMS / Stretch & Throw (on own)

2:00 - 4:45 pm - BONUS GAME - Winning teams (9 Innings)

2:00 - 4:00 pm - Skills Contests

6:00 - 10:00 pm Happy Hour, Dinner, Potato Head Awards, Talent Show

Thursday 11/10 - Day 5

6:00 - 8:00 - Breakfast

8:30 - 9:30 - TEAM / Stretch & Throw (on own)

9:45 - 11:45 GAME 5 (7 Innings) CP

Noon - 1:00 Lunch - Locker Room

1:30 - 1:50 TEAM / Stretch & Throw (on own)

2:00 - 4:45 GAME 6 (9 Innings)
6:00 - 10:00 Happy Hour, Dinner, Discussion

Friday 11/11 - Day 6

6:00 - 8:00 - Breakfast

8:30 - 9:30 - TEAM / Stretch & Throw (on own)

9:45 - 11:45 GAME 7 (7 Innings)

Noon - 1:00 Lunch - Locker Room

1:30 - 1:50 TEAM / Stretch & Throw (on own)

2:00 - 4:45 GAME 8 (9 Innings) (Based on Final Standings - Championship)

6:45 - 10:00 pm Happy Hour, Dinner, Presentation of Camp Awards

Saturday 11/12 - Day 7

Camper Departure

CHECK IN

When you arrive at the complex, check in first at the hotel main office for your room assignments. Drop your luggage off in your room and then take your baseball gear and make your way over to the MLB locker room located in the Admin Building just outside of Holman Stadium's right field. This is location #11 on the facility map included in this package and located throughout the complex.

When you arrive at the locker room, your locker assignment will be posted on a list on the door and a name plate will be on your locker. Locate your locker, and unpack your gear. Mark all uniforms with **locker number** (not uniform number) and **name** (except white inner socks). Those getting new uniforms will find them already hanging in your locker. If you have any questions, the clubhouse guys (Bones, Johnny and Steve) are there to help. Seek them out.

Please be sure to leave all jewelry and money in hotel or Front Office safe. **DO NOT LEAVE THESE ITEMS IN YOUR ROOM or IN YOUR LOCKER.** LADABC and JRTC is not responsible for any lost or stolen items.

After you've settled into your lockers, you should suit up – Rookies in White, Vets in Grey - and then make your way out to Holman Stadium for the afternoon workouts.

GAME SCHEDULE

Date	Time	Away	Home	Location
11/7/22	2:00 PM	Los Angeles	Rancho	Holman
11/7/22	2:00 PM	Brooklyn	OKC	1 - Teamwork
11/8/22	9:45 AM	Brooklyn	Los Angeles	Holman
11/8/22	9:45 AM	OKC	Rancho	1 - Teamwork
11/8/22	2:00 PM	Brooklyn	Rancho	Holman
11/8/22	2:00 PM	Los Angeles	OKC	1 - Teamwork
11/9/22	9:45 AM	North	South	Holman
11/9/22	9:45 AM	East	West	1 - Teamwork
11/9/22	2:00 PM	Winner 1	Winner 2	Hollman
11/9/22	2:00 PM	2nd game or Skills Contest		1 - Teamwork
11/10/22	9:45 AM	Rancho	OKC	Holman
11/10/22	9:45 AM	Los Angeles	Brooklyn	1 - Teamwork
11/10/22	2:00 PM	OKC	Brooklyn	Holman
11/10/22	2:00 PM	Rancho	Los Angeles	1 - Teamwork

11/11/22	9:45 AM	OKC	Los Angeles	Holman
11/11/22	9:45 AM	Rancho	Brooklyn	1 - Teamwork
11/11/22	2:00 PM	2nd	1st	Holman
11/11/22	2:00 PM	4th	3rd	1 - Teamwork

DODGER GREATS AND STAFF

November 2008 was the 52nd camp for the Los Angeles Dodgers Adult Baseball Camp at Dodgertown, Vero Beach Florida. There have been 46 Los Angeles Dodgers Adult Baseball Camps and 6 Ultimate Camps held since 1983.

November 2022 will mark the 5th camp for LADABC and the 3rd one held at the Jackie Robinson Training Complex - Historic Dodgertown.

This edition will feature

Brett Butler
 Joe Ferguson
 Dave Hansen
 Rick Monday
 Marty Reed
 Jerry Reuss
 Bill Russell
 Jeff Torborg

Mark Brewer
 Juan Bustabad
 Jon Debus
 Dale Torborg

TRAINERS

Stan Johnston
 Carlos Olivas
 Charlie Strasser

CLUB HOUSE STAFF

Dave Dickinson
 Johnny Allaway
 Steve Moravecek

FACILITY MAP



MR. & MRS. POTATO HEAD

In his day, he was a real hot potato. He had his own boat, his own farm, even his own locomotive. The little vegetable star was acquired in 1952 by Hasbro Inc. and was a collection of 20 plastic features that kids could stick into an actual potato. A year later came Mrs. Potato Head, a 50's housewife with her own feather duster. Sparing parents messiness and wasted potatoes, the company gave the couple plastic bodies in 1964. They became a constant and coveted prize at the Los Angeles Dodgers Adult Baseball Camp and now also at LADABC's Adult Baseball Camp. But Why?

Well, back in the day – 1983 to be exact, Paul Padilla, assistant trainer for the Dodgers, started the tradition of the Potato Head. During the pennant race of that year, Paul had a Potato Head and would put in the locker of the player who contributed the most to that day's victory. The resemblance between Paul and Mr. Potato Head was very strong. Paul designed the hairstyle himself. Naturally, this tradition carried over to Fantasy Camp. Over the years the Potato Head became the coveted prize that is awarded to the player on each team that contributed the most to that team's effort each game. It is displayed proudly in homes and offices all over the world. It is quite cherished by campers, most of whom have it signed by the coaches.

According to Hasbro Inc. "he's generous, funny, not very hip. Potato Head is the average American guy (gal)." Just like our campers!

If you have any questions, please feel free to ask any of the staff or send your questions to Mark Stone (mstone@ladabc.com). We will get back to you as soon as we can with an answer.

So, once again, WELCOME. We hope you enjoy your week with us and will want to return again every year.