

2026 MVHS Summer Baseball Skills & Strength

Ages 8U- 14U (Ages for Summer 2026)

Start June 1st - End June 24th

Monday & Wednesday 10:15 am to 1:00 pm

\$400 - Two Camp shirts and one shorts included

Monday 10:15-11:45 am Hitting Day - Extensive hitting instruction in the Mt. Vista philosophy, mental approach, and mechanics.

Wednesday 10:15-11:45 am Defensive Day - Position-specific instruction and on-field team defense.

Monday & Wednesday (immediately following skills)
12:00-1:00 pm Speed-Strength & Conditioning for Baseball in the MV Varsity Weight Room.

****Limited to 50 registrations****



2025 Incoming Freshman Tournament Team

All incoming freshmen (Grad year 2030) are encouraged to join the Summer Tournament Team

\$400 - Weekly Team Practice + 4 Tournaments TBD
Practice begins the week of July 6th

July 9-12 Mid Summer Classic 15U
July 16-19 Summer Palooza Wood Bat Classic 15U
July 22-25 Colorado Summer Championships 15U
July 29 - Aug 1 Summer Walk Off 15U

Players receive an MV Baseball hat to keep and are issued MV uniforms for tournament games.

The Mt. Vista High School coaching staff leads Freshman Summer teams. The purpose is to begin developing relationships in the program, gain experience with future Vista teammates and coaches, and apply game skills from Mon/Wed Skills & Strength Camp.

Freshman Fall Baseball League - Information forthcoming

