Welcome to Barry University

Barry University has many quality athletic facilities, including Feinbloom Field, home of Barry’s baseball team and one of the finest diamonds in the country. Feinbloom Field was named College Baseball Diamond-of-the-Year by the Beam Clay company for the 1989-90 academic year, and remains one of the top facilities in college baseball.

Barry University features a modern fully equipped weight room which features a full array of free weights, olympic lifting stations and other amenities unique to the university.

Best of South Staff

Marc Pavao is the head coach of Barry University Baseball and the coordinator of the Best of South Summer Camps. Coach Pavao will oversee the operation of the camp and be in charge of the infielders.

Dr. Butcher Mohka is the Coordinator of the graduate program in Biomechanics, Director of the Biomechanics Laboratory. At the Best of South Camp she will be the main consultant in biomechanical analysis and Dartfish.

Rey Fuentes has served as an assistant on the Buccaneer staff for the past four years. His main responsibilities include working with outfielders as well as strength and conditioning.

Dr. Butcher Mohka

Rey Fuentes

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Rene Velazquez served as an Athletic Trainer with the Florida Marlins in 2005 and as a personal trainer with MLB athletes. He will coordinate the weight training and conditioning aspect of the camp.

Israel Camacho is the Head Coach at Coral Gables high school and will run the catching/hitting aspect of camp.

Oscar Farach was a former standout at Barry and pitching coach at Coral Park H.S.. He set a record for wins his senior year. Oscar will head the pitching program at the camp.

Oscar Farach
Best of the South
Summer Program

The Best of the South: Weight Training, Conditioning, and Baseball Program is a unique opportunity in South Florida. The program is designed to assist athletes in achieving their goals, not only on the baseball field, but also in the area of physical fitness. In some high schools, most colleges, and all professional levels, athletes are asked to excel in areas other than catching, pitching, or hitting. Due to an increase in the level of competition, coaches are now expecting athletes to be stronger, faster, healthier, and smarter. This program will teach the athlete the skills they need to meet those expectations.

The experienced staff of this camp has incorporated the idea of weight training, nutrition, plyometrics, speed training, agility training, and baseball knowledge so that the mature individual can continue to enhance their performance throughout their high school off-season and still be able to compete on their respective summer teams. The program will run five days a week for a total of four hours a day. The player’s primary position will dictate the time and workout schedule that is developed around your present fitness level. Players will work with a positional coach specific to their position.

Unique to the Best of South Camp, players will have an opportunity like no other. Best of South will utilize three-dimensional motion analysis to accurately measure and calculate your body’s kinematics (body angles, joint velocities, and timing characteristics). The purpose is twofold: to reduce the risk of injury or re-injury, and to improve performance by assessing the efficiency of your mechanics.

Due to an increase in the level of competition, Barry University’s biomechanists can help you get an edge. We utilize three-dimensional motion analysis to accurately measure and calculate your body’s kinematics (body angles, joint velocities, and timing characteristics). The purpose is twofold: to reduce the risk of injury or re-injury, and to improve performance by assessing the efficiency of your mechanics.

PROGRAM CHOICES:

- Biomechanical Analysis - Cost: $350.00
- Dartfish Program - Cost: $125.00

EXTRA OPTIONS:

- Six Week (06/26-08/04) Cost: $900.00
- Four Week (06/26-07/21) Cost: $700.00

Make checks payable to: Best of the South

CAMP WAIVER AND RELEASE

In consideration of my application being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against BEST OF THE SOUTH or its or their respective officers, agents, representatives, successors and/or assigns, for any or all damages which may be sustained or suffered by me in connection with my association with or participation in, and for rising out of my traveling to or returning from said BEST OF THE SOUTH

I, the parent or guardian, do hereby agree to the above waiver and release.
Applicant’s Signature: ____________________________
Parent or Guardian Signature: _______________________
Date: ________________________________

Best Of The South
Weight Training, Conditioning and Baseball Skills Program

Make checks payable to: Best of the South

Biomechanical Analysis

Barry University’s biomechanists can help you get an edge. We utilize three-dimensional motion analysis to accurately measure and calculate your body’s kinematics (body angles, joint velocities, and timing characteristics). The purpose is twofold: to reduce the risk of injury or re-injury, and to improve performance by assessing the efficiency of your mechanics.

Dartfish

Dartfish technology is one of the premier biomechanics tools available in the market today. Barry University is one of only a handful of institutions that have this technology and have trained personnel with Dartfish. A trained individual will personally record, analyze all data using Dartfish. This information can be applied to improve overall performance in pitching, hitting and fielding.

Parents Signature Date