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## YOUTH BASEBALL CAMP SERIES

Our Camps will provide:

- High Level Instruction
- Establishment of proper mechanics and fundamentals
- Position Specific Skill Work and Development
- Arm Care – Velocity Development
- Our 2-week hitting camp incorporates our cutting-edge **Blast Motion** technology to deliver data through video and motion analysis.
- Free camp T-shirt – Adult sizes only (XS-XL)

Camps will run Monday/Tuesday/Wednesday from May 28<sup>th</sup>-mid July.  
Location Duke White Field / Brighton Youth Sports Complex – 8:30-10am.  
*\*Female athletes welcome*

### **Week 1 & 2: Hitting / Baserunning - \$95/player (11u-15u)**

**5/28-6/6**

- Hitting: We will provide a breakdown from on deck circle to the 5 absolutes of swing mechanics from grip to finish with video and data analysis using **Blast Motion** Technology. We will incorporate drills and live hitting. Situational Hitting. Plate Discipline. Mental Approach.
- Base Running: We will instruct on proper running mechanics, primary and secondary leads and how to properly advance from first to second and second to third base. Approach. Jumps. Sliding Techniques.

### **Week 3 & 4: Pitching / Catching - \$95/player (11u-15u)**

**6/11-6/20**

- Pitching: Throwing/arm care program designed to promote proper mechanics and arm strength along with a breakdown of the pitching motion from setup to finish. Mental Toughness.
- Catching: Proper positioning, footwork and fundamentals. Receiving/Blocking and Pop Time development will of focus.

### **Week 5: Infield / Outfield - \$50/player (11u-15u)**

**6/25-6-27**

- Infield/Outfield: Pre-pitch routines, proper positioning, footwork, mechanics and fundamentals. Communication. Cutoffs and relays.

### **Week 6: 10 and Under Youth Camp - \$50/player**

**7/9-7/11**

- Tailored to the needs of our 10 and under group. This camp will provide an overview of all phases of the game. The camp focus will be on general baseball skill development and mechanics while providing a fun and exciting atmosphere for kids to develop a love for the game.