



Winter Instructional Camp

December 11th, 2016

(Grades 10th & Above)

Check-in - 10:00 a.m. to 10:30

a.m. Camp - 10:30 a.m. to 3:00 p.m.

Position Players 10:30 - 1:30

Pitchers 2:00 - 4:00

Cost per camper is \$100

Make Checks out to "Crusader Baseball Camp LLC"

- Camp will be held at Capital Center Athletic facility at 2350 East Mound St. Bexley, Ohio 43209.
- The instructional section will be divided up into four groups:
Hitting, Fielding Pitching, and Catching.
 - Offers an opportunity to learn what we teach to our players at Capital
 - Small-group instruction to develop individual prospect/coach relationships
- Athletes will be given instruction and go through fundamental drills:
Stretching and throwing program
Hitting Approach and technique
Defensive fielding (Outfield, infield and catchers)
Baserunning
Pitching mechanics and approach
- Question and answer session with Head Coach Ryan Grice on the recruiting process
Due to our camps filling quickly, please confirm participation by sending an email to the address listed below and in the subject line please put camp.



Wilson



For more information and registration forms, contact Coach Ryan Grice at 614-236-6203
rgrice@capital.edu