

College Coaches Skills Camp Pitching/Catching/Hitting Clinic

Sunday, December 21st, 2008
at Cherry Hill East High School
Cherry Hill, NJ
register online at
www.Jerseybaseballcamp.com

Featuring Coaches From:
Creighton University (Rob Smith)
Villanova University (Chris Madonna)
George Mason University (Steven Hay)
St. Joseph's University (Jacob Gill)

The College Coaches Skills Camp will be held on Sunday, December 21st at Cherry Hill (NJ) High School. **The Hitting Session** will run from 9 a.m. until 1:00 p.m., **The Pitching/Catching Session** will run from 3:00 p.m. to 7:00 p.m. Each Session will consist of four hours of instruction in each of the following areas; Skill work, Strength work, Mental training, and Education about the recruitment process. All skill work is one-on-one and will be age specific. The cost of the camp will be \$125 for one session (Pitching/Catching or Hitting) or \$225 for two sessions. **Space is limited to 48 pitchers, 48 Hitters and 16 Catchers. These camps filled up quickly last year, so online registration is recommended.**

PITCHING/CATCHING SESSION (AGES 10-19):

This session will include advanced instruction and problem solving on all aspects of pitching including mechanics, pitch variation, delivery tempo, and adjustments to improve command. We will work via lecture and drills throughout the course of the sessions. The catching segment will cover various drills for receiving, blocking and throwing footwork. During the skill sessions, pitchers will be divided into small groups, with all bullpen work being done one-on-one with the various coaches. Catchers will work in small groups with one-on-one instruction on drill work and live bullpen work.

HITTING SESSION (AGES 10-19):

This session will focus on sound fundamental techniques of hitting via lecture, tee work, dry swing breakdown, side toss, and live hitting in the cage. Each hitter will work individually in the cages with the members of our coaching staff. Hitters will be divided into groups by age and will receive many swings.

Tentative Camp Schedule

Hitting Camp Schedule (*Groups will move around in one hour rotations*)

9:00 am – 9:45 am Hitting Lecture/Mental Discussion

10:00am – 11:00am Hitting Skill Session

11:00am – 12:00pm Strength and Conditioning Session

11:30am – 1:00pm Discussion on Recruiting Process (NCAA Guidelines)

Pitcher/Catcher Camp Schedule (*Catchers will follow the same schedule as the pitchers*)

3:00 pm – 3:45 am Introduction for Pitchers Catchers Drill Work

4:00pm – 5:00am Bullpen/Drill Session Catchers Live Work

5:00pm – 6:00pm Discussion on Recruiting Process/Mental Talk

6:00pm – 7:00pm Strength and Conditioning Session

College Coaches Skills Camp Pitching/Catching/Hitting Registration

To register online via credit card please visit www.Jerseybaseballcamp.com

If you would like to pay by check or money order please complete the registration form below, and enclose

your check or Money Order. **Make checks payable to Cherry Hill East Baseball.** For registration

questions call Erik Radbill (Camp Director) at (609) 405-3143 or e-mail at erad87@comcast.net

Mailed

registration will only be accepted if postmarked by November 28th, 2008. Online registration is recommended and available until camp begins.

If you choose to mail in your registration please clip and mail the form to:

Erik Radbill

1750 Kresson Rd.

Cherry Hill, NJ 08003

Please print clearly. Confirmation, directions and possible schedule changes will be sent by e-mail.

Name _____ Date of

Birth _____

Address _____

Cell Phone _____ Home Phone _____

HS Graduation Year _____

Email _____

High School _____ High School

Coach _____

I am registering for the December 21st Camp at Cherry Hill East HS

I have enclosed a check/money order for Pitching (\$125.00)

I have enclosed a check or money order for Catching (\$125.00)

I have enclosed a check or money order for Hitting (\$125.00)

I have enclosed a check or money order for Both (\$225.00)

Pitching or Catching (circle one) and Hitting

Check One
Check One

Cancellation Policy:

A refund will be awarded (minus a 25% service fee) if requested on or before December 8th, 2008. Since space is limited no refunds will be given after this date.