

QUARRY FIELDHOUSE HOLIDAY BASEBALL CAMP

December 18th, 2010

ALL AGES WELCOME

Hitting/Baserunning (12PM-2PM)

Master the basics of hitting and baserunning in this 2 hour clinic. Hitters will learn how proper footwork, vision, hand placement, swing path, hip explosion, and bunting.

Baserunners will learn how to take proper leadoffs, get great jumps, read balls off the bat, anticipate balls in the dirt, and pick up the coach.

Pitching/Fielding (2:30PM-4:30PM)

Pitchers will learn how to throw strikes and increase velocity through proper mechanics. Windup and the stretch will be covered as well as pickoffs and fielding the their position.

Fielders will learn proper throwing mechanics as well as learn the most effective way to field a ground ball at them, glove side, backhand, and slow rollers.

Players will receive lunch in between sessions.

Camp cost is \$100 for the double session. Players must register early to receive a Quarry Fieldhouse T-Shirt.

Cash or Checks only for the event. Please make checks payable to Quarry Fieldhouse