

CCS BASEBALL CAMP OFFERINGS 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Athletic Player	Team Performance Training	Small Group Sessions	Junior Athletic Player	Small Group Sessions	Small Group Sessions	Team Performance Training
Athletic Pitcher/Hitter	Small Group Sessions		Athletic Pitcher/Hitter		Infield Skills	Small Group Sessions
Elite Athletic Hitter/Pitcher	Athletic Player		Elite Athletic Hitter/Pitcher		Catching Skills	
					Athletic Player	

Youth	Pitching	Hitting	Other
Jr. Athletic Player	Athletic Pitcher	Athletic Hitter	Team Performance Training
Jr. Athletic Hitter	Elite Athletic Pitcher	Elite Athletic Hitter	Athletic Player
Jr. Athletic Pitcher			Infield Skills
			Catching Skills
			Small Group Sessions

Team Performance Training Camp \$1500 Per Team (Sundays and Tuesdays)

Team Performance Camps are designed to prepare a several players in one program for the upcoming season. Players will take part in a portion of all of the camps offered this winter. The primary goal of this program is for players to be ready to compete at a high level in March.

Goals of the Program

- Create a base and improve all aspects of athletic training (Strength, Speed, Quickness, Endurance)
- Improve baseball specific strength and explosiveness
- Develop Arm Strength and Health
- Improve hitting, pitching and fielding mechanics.
- Improve approach to the game physically and mentally

How those Goals are Achieved

- Dynamic Warm-up and Stretching and Tubing Exercises

- Explosive Medicine ball throws and movements
- Speed and agility training and development
- Mechanical drills to improve hitting, pitching and fielding
- Systematic throwing program to create arm strength and health
- Video Analysis and review
- Mental game training and preparation

Junior Athletic Player Program \$100 Per Player

Monday and Thursday 5:00 – 6:00

Goals of the Program

- Create a base and improve all aspects of athletic training (Strength, Speed, Quickness, Endurance)
- Develop Arm Strength and Health
- Improve hitting, pitching and fielding mechanics.
- Improve approach to the game physically and mentally

How those Goals are Achieved

- Dynamic Warm-up and Stretching and Tubing Exercises
- Medicine ball throws and movements
- Speed and agility training and development
- Mechanical drills to improve hitting, pitching and fielding
- Systematic throwing program to create arm strength and health
- Video Analysis and review

Athletic Hitter Program \$150

Monday and Thursday 6:00-7:00

The Athletic Hitter program is designed to improve overall swing mechanics. Including timing, rhythm, balance and swing path. The drill series done during training sessions will build a foundation of success at the plate.

Goals of the Program

- Develop proper hitting mechanics in all phases of the swing
- Improve physical and mental approach to hitting
- Develop self-awareness of swing strengths and weakness. Create avenues for improvement
- Develop ability to use short game.

How Goals are Achieved

- Tee, front toss and live toss swing drills series
- Video swing analysis
- Mental approach to hitting development

Elite Athletic Hitter Program \$200

Monday and Thursday 7:00-8:15

The Elite Athletic Hitter Program is designed to improve swing mechanics and batspeed. The focus of the camp will be on creating a more consistent and powerful swing.

Goals of the Program

- Develop proper hitting mechanics: Balance, hand path, finish, torque
- Improve conditioning and strength heading into spring baseball season
- Improve physical and mental approach to hitting
- Develop self-awareness of swing strengths and weakness. Create avenues for improvement
- Develop ability to drive baseball to all fields and improve ability to hit different pitches
- Increase and maximize bat speed

How Goals are Achieved

- Dynamic tubing and stretching warm-up
- Explosive medicine ball throws and movements
- Overload and underload swing training
- Tee, front toss and live toss swing drills series
- Video swing analysis
- Situational hitting drill sequences
- Mental approach to hitting development

Athletic Pitcher Program \$150

Monday and Thursday 6:00-7:00

We feel “The Athletic Pitcher Program” is like no other pitcher development program in the area. It is designed for the individual pitcher to improve overall arm strength and health. Training sessions will improve a player’s ability to create more dynamic and athletic delivery. Players will be introduced to the concepts of velocity enhancement and training. The 60 minutes sessions will run twice per week.

Goals of the Program

- Educate Participants on all aspects of Pitching Mechanics and Arm Care
- Find ideal delivery tempo and rhythm for individual pitchers
- Identify and improve individual mechanical strengths and weaknesses
- Build overall arm speed, strength and endurance
- Improve velocity and command
- Improve knowledge of pitch sequencing and mental game

How Goals are achieved

- Dynamic stretching and tubing exercises
- Explosive medicine ball throws and movements
- Flat ground pitching mechanics and drills
- Mound pitching mechanics and drills
- Targeting drills to improve effective velocity understanding
- Mental game drills and plans
- Video analysis and review

Elite Athletic Pitcher Program \$175

Monday and Thursday 7:00-8:15

“The Elite Athletic Pitcher Program” is designed for a more experienced pitcher to enhance velocity and over all arm strength and health. Training sessions will improve players ability to create more dynamic and athletic delivery. Velocity enhancement will be a key component of this camp. The 90 minutes sessions will run twice per week.

Goals of the Program

- Educate Participants on all aspects of Pitching Mechanics and Arm Care
- Find ideal delivery tempo and rhythm for individual pitchers
- Identify and improve individual mechanical strengths and weaknesses
- Build overall arm speed, strength and endurance
- Improve velocity and command
- Improve knowledge of pitch sequencing and mental game

How Goals are achieved

- Dynamic stretching and tubing exercises
- Explosive medicine ball throws and movements
- Flat ground pitching mechanics and drills
- Overload and Underload drills and training sessions
- Mound pitching mechanics and drills
- Targeting drills to improve effective velocity understanding
- Mental game drills and plans

- Video Analysis

Elite Athletic Player Program \$200

Tuesday 7:00-8:30 Saturday 8:00- 9:00 am

The Elite Athletic Player Program is designed to combine all phases of our camps. Players can choose between pitching, hitting and defensive skill work to best develop their individual game.

Goals of the Program

- Create a base and improve all aspects of athletic training (Strength, Speed, Quickness, Endurance)
- Improve baseball specific strength and explosiveness
- Develop Arm Strength and Health
- Improve hitting, pitching and fielding mechanics.
- Improve approach to the game physically and mentally

How those Goals are Achieved

- Dynamic Warm-up and Stretching and Tubing Exercises
- Explosive medicine ball throws and movements
- Speed and agility training and development
- Mechanical drills to improve hitting, pitching and fielding
- Systematic throwing program to create arm strength and health
- Video Analysis and review
- Mental game training and preparation

Athletic Infielder Program \$75

Saturday Mornings 9:00-10:00

Goals of The Program

- Improve quickness, agility and explosiveness
- Improve or develop arm strength and health
- Develop proper footwork and fielding mechanics
- Develop proper angles and decisions on all ground ball types
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How Goals are Achieved

- Dynamic tubing and stretching warm-up
- Explosive medicine ball throws and movements
- Speed, quickness and agility training drills
- Short hop, front toss and fungo drills series
- Video analysis of infield mechanics

Athletic Catcher Program \$75

Saturday Mornings 9:00-10:00

Goals of the Program

- Improve quickness, agility and explosiveness
- Develop arm strength and prepare arm for upcoming season
- Create proper mechanics and improve ability to receive, throw and block
- Improve ability to call game and manage pitching staff

How Goals are Achieved

- Dynamic tubing and stretching warm-up
- Explosive medicine ball throws and movements
- Speed quickness and agility training drills
- Receiving, blocking and throwing drills series
- Machine and live catching work
- Video analysis of catching mechanics

Small Group Sessions \$350 per 10 Sessions

Session times chosen by individual groups

Small group sessions will be capped at four individuals to provide more individual attention to the player in the phase of the game they choose. Athletes will choose ten sessions in January and February. Small group sessions are designed to expand on the drills done during the other camps in a personalized fashion. Sessions are 1 hour in length.

**FOR MORE INFORMATION REGARDING SASQUATCH
BASEBALL CAMPS PLEASE CONTACT**

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