

Prepare for High School Baseball Camp



**For Rising 7th-9th Graders
June 20-24, 2011 9am-1pm**

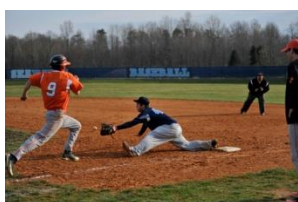
Cost: \$140



Learn techniques that will make you a better baseball player. This camp offers your son specialized instruction tailored to meet the needs of players hoping to play high school baseball. Learn the specific fundamentals that are crucial to play:

- Throwing Mechanics
- Pitching Mechanics
- Hitting Mechanics
- Infield Play
- Outfield Play
- Catching
- Proper ground ball fielding and drills
- Proper throwing techniques and drills
- Proper hitting techniques and drills
- Proper baserunning techniques

Learn the techniques that make the game easier and make you more successful!



THROWING TECHNIQUES

Throwing is about two things—Accuracy and Velocity.

Throwing without velocity is no better than throwing wildly with great velocity. Learn to improve these important areas with simple drills to make you a better player.

PITCHING MECHANICS

Learn the secrets of throwing consistent strikes with greater velocity. Learn how to protect your throwing arm through the use of proper mechanics and balance. Learn to use your core muscles to generate power.

FIELDING TECHNIQUES

The proper fielding techniques make the game easier and give the player greater confidence. The proper technique is much more than simply getting in front of the ball. Learn how to position yourself to virtually ensure the ball is caught.

MIDDLE INFIELD

- Learn the secrets to improved middle infield play.

CORNER INFIELD

- First and third base require proper footwork for successful play. Learn to use the angles to increase the chances for success.

OUTFIELD

Playing the outfield is more than just catching lazy fly balls. Learn how to properly throw to improve ball flight and carry. Learn the techniques to allow you to get rid of the ball quickly and accurately. Know what to expect when the ball leaves the bat.

HITTING TECHNIQUES

Did you know that most of what you've been taught about hitting is wrong? Learn the proper grip and footwork to quickly and dramatically improve your power. Learn the proper swing path for improved contact and consistency. Make yourself a dangerous weapon at the plate.

Register Today by Mailing the Attached Form
Make Checks Payable to: South River High School
Questions? E-mail: kdunn@aacps.org

SRHS Baseball Camp
South River High School
201 Central Avenue
Edgewater, MD 21037

Work Directly with Camp Director and South River JV Coach Sam Martin
Plus Varsity Coaches and Current SRHS Players

** photos courtesy of Jan Gratz

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June 20—24, 2011 9 AM—1 PM Daily

Cost: \$140

Please fill out the form below and mail no later than June 10th to ensure registration. Space is limited.

Player Name:	
School and Grade:	
Summer Team:	
Positions Played:	
Parent Name:	
Address:	
City, State, Zip:	
Email address:	
Home & Cell Phone:	
Emergency Contact:	
Emergency Phone #	
Insurance Co. and Policy#	

Parental Consent: My child is covered by medical insurance and any special medical conditions will be brought to the Camp Director's attention. I give my consent and approval to the SRHS Baseball Camp, its officers, staff or employees to act on my behalf in case of an emergency.

PARENTS SIGNATURE: _____

PRINT NAME: _____ DATE: _____

Register Today by Mailing this form along with your check made out to: South River High School	SRHS Baseball Camp South River High School 201 Central Avenue Edgewater, MD 21037
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