



# SETON HILL UNIVERSITY BASEBALL



**2012 WINTER SKILLS CAMP**  
**AGES 8-18: Sunday January 29<sup>th</sup>**

**SESSION 1: Pitching & Catching (10:00 – 12:00)**  
**SESSION 2: Hitting (12:30 – 2:30)**

**SULLIVAN GYMNASIUM**  
**ON THE SETON HILL CAMPUS**

As the spring season approaches, the Seton Hill University baseball players and coaching staff look to help young players polish their skills in the areas of hitting, pitching and catching. Campers will receive in-depth instruction on the mechanics of hitting, pitching and catching, as well as have the opportunity to participate in numerous drills and video review.

The hitting camp will consist of various hitting stations working through different drills to reinforce proper swing mechanics. Live batting practice and video analysis will be included in the various stations.

The pitching camp, for the 13-18 yr. olds, focuses on proper pitching mechanics, arm care/injury prevention, pitching specific drill work, pitchers conditioning and live mound throwing. For the 8-12 yr. olds, proper fielding and throwing techniques will be taught, as well as entry level instruction on pitching mechanics and live mound throwing.

Campers wishing to receive in-depth catching instruction will be taught proper technique and philosophies of catching. A number of catching drills will be demonstrated and practiced by all catchers, including setup, framing, blocking and throwing.

- *All campers are requested to bring their own helmets, bats and catcher's equipment if possible*
- *Pizza & drinks will be sold between sessions*
- *SPACE IS LIMITED (max of 40) and campers are taken on a first-come, first-serve basis*
- *Cost for the camp is \$45 for one session or \$75 for both sessions.....checks can be made payable to "SETON HILL UNIVERSITY BASEBALL"*
- *Pre-registration can be done by calling **724-552-1729** or email **mmccartney@setonhill.edu***
- *Please complete the bottom portion and return it, along with payment, to:  
Seton Hill University, 1 Seton Hill Drive, Greensburg, PA 15601, ATTN: Baseball Camp*

CAMPER NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

AGE \_\_\_\_\_

SESSIONS ATTENDING:      **1: Pitch/Catch – 10:00**                      **2: Hit – 12:30**  
(PLEASE CIRCLE)