



Power Baseball USA

Summer Baseball Camp



Summer Baseball Camp Registration

Age 7-12

July 19th through July 23rd

Morning Session: 9:00 A.M. to 12:00 P.M.
Afternoon Session: 1:00 P. M. to 4:00 P. M.

Location: Masters School
West Simsbury, CT 06092

Cost: \$165.00 if paid by check OR

Cash Discount: \$155.00 if paid by cash

I will be attending the clinic(s) checked above.

Name _____

Address _____

City _____

Home Phone _____

Cell Phone _____

Email _____

Parent's Signature _____

Please Print _____

\$25.00 Deposit to Hold spot

Mail Reservation to Power Baseball USA, 18 Old Town Road, East Hartland, CT 06027.

We reserve the right to cancel any class that is not full. In case of a cancelled session, fees will be returned; or, they may be used for another event. Other than a clinic cancellation, there are no refunds once you are registered.

Prepare to play at peak performance!

Power Baseball USA will hold an outdoor **Summer Baseball Camp July 19th through 23rd**. There will be a three-hour morning session and three hour afternoon session. with **Activities Divided Between Hitting, Fielding, Pitching and Catching**. To increase the player's baseball savvy, there will be **"Mini-Games"** throughout the camp so they can apply their learning in game situations.

Our goal at Power Baseball USA is to assist all baseball athletes to realize their potential with a specialized training program that focuses on mental preparation, positive attitude, and physical fitness. It is our responsibility as professional baseball instructors and trainers to help each player perform at their peak, stay healthy, and enjoy their baseball experience. We focus on the mental and physical conditioning of our athletes as well as the skills portion of their training with significant emphasis on learning arm and shoulder care to allow the athletes to enjoy a long career. It is our objective to make them a better person as well as a quality player.

Hitting

Pitching

Hitting is about transfer of energy, muscle memory, balance, athletic stance, and momentum. We teach our hitting principals including:

- ✓ Hitting mechanics
- ✓ Proper balance and load
- ✓ Power swing plane
- ✓ Mental preparation and hitting philosophy
- ✓ Tracking the ball
- ✓ Hitting in the batting cages and live hitting
- ✓ Hitting drills

Pitching is the most difficult skill to master at any level in baseball.

Velocity. Everyone wants it, players, coaches, and parents. Gaining velocity takes hard work, dedicated effort, discipline, and planning. We will teach each pitcher the steps to gaining velocity

- ✓ Proper pitching mechanics
- ✓ Dynamic balance
- ✓ Location, control, and develop consistency
- ✓ Mental conditioning for pitchers
- ✓ Pitching drills & learning to throw different pitches (age appropriate)

Catching

Fielding

We will take a **beginning or experienced catcher through all the steps necessary to become a proficient, well-rounded catcher**. This step-by-step approach will leave no stone unturned.

- ✓ Role of the catcher
- ✓ Stance & setting-up
- ✓ Giving signals & framing the pitch
- ✓ Blocking
- ✓ Throwing footwork
- ✓ Fielding bunts & plays at the plate

Proper throwing and fielding techniques are often overlooked. **We teach the player the moves and fielding strategies he will need to succeed** on the field.

- ✓ Fundamentals of throwing
- ✓ How to use fluid motions to field the ball
- ✓ Using the proper stance and glove rotation
- ✓ How to circle around to get to balls faster
- ✓ Using the outfielder's "drop step"
- ✓ Lateral movement
- ✓ Circling the ball
- ✓ The 2-steps forward short stop

For More Program Details Contact

Duaine Claywell
860 653-0871 860-995-7827 OR
Duaine@PowerBaseballUSA.com
www.PowerBaseballUSA.com

Min campers 15 Max 20 per session.



**REGISTER SOON
TO GUARANTEE YOUR SPOT**

Baseball Camp Location

The Masters School

36 West Ledge Road

West Simsbury, CT 06092