



## 2012 Patriot League Pitching Camp

[www.sandiegobaseballcamps.com](http://www.sandiegobaseballcamps.com)

Date: March 4<sup>th</sup>, 2012

Full camp: 12:30pm-2:00pm

Cost: \$35.00

Location: Patriot Field

7001 Murray Park Dr. San Diego, Ca 92119

### Activities:

The camp will start with proper stretching, and warm-up. Players will work on: mechanics, leg drive, balance, pitch grips, and pick-offs. Instructors will also address the mental side of pitching and pitch sequences. Each participant will get adequate mound time and instruction.

### Clinic Trainers:

**Nate Boman:** Hometown Allied Gardens, San Diego, Ca. Left handed pitcher, AGLL and Patriot league Alumni, All CIF selection at Patrick Henry (2003), Played 3 years at USD (2003-2006), USD all-time leader in K's per 9 innings, Team USA invitee summer 2005, 9th round DRAFT choice by the Los Angeles Angels Sept 2006. Currently coaching the 12U & 14U Scripps Ranch Renegades travel ball teams.

**Mike Pieratt:** Hometown San Carlos, San Diego, Ca. All City player at Crawford High School. Played baseball at SDSU in the 80's. Has more than 20 years of coaching experience. Has worked in the management of two Olympics (Los Angeles, South Korea), Patrick Henry High School pitching coach over 10 years. Mike has been active in the San Diego area for many years, working in the community planning area, and having done extensive work with area youth.

\*Other Professional/Collegiate/High School instructors will be assisting\*



**San Diego Baseball Camps**

Please register at [www.sandiegobaseballcamps.com](http://www.sandiegobaseballcamps.com)

\*Walk-up, day of camp registration also available \*

For further information, contact **Nate Boman** at [sandiegobaseballcamps@gmail.com](mailto:sandiegobaseballcamps@gmail.com)



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