



2012 San Carlos LL Pitching Camp

www.sandiegobaseballcamps.com

Dates: March, 18th, 2012

Ages 7-9: 9am-10:15am

Ages 10-11: 10:30-12pm

Ages 12-13: 12:15-1:45pm

Cost: \$35.00

**Location: San Carlos LL Majors Field
7001 Murray Park Dr. San Diego, Ca 92119**

Activities:

Each session will start with proper stretching, and warm-up. Younger players will work on: balance, leg drive, proper arm action, mechanics, wind-up, and fielding position. Older groups will work on: mechanics, leg drive, balance, different pitch grips, and pick-offs. All sessions will get adequate mound time and instruction. All activities will be suited to age and skill level.

Players will receive an SDBC T-shirt

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 14u Scripps Ranch Renegades.

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. 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

Walk-up, day of camp registration also available

For further information, contact **Nate Boman** at sandiegobaseballcamps@gmail.com



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