



## 2012 SRLP PITCHING CAMP

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

Feb 26<sup>th</sup> 2012

Ages 7-9: 9:00am-10:15am

Cost: \$35.00 (or \$25.00 if you paid 1-day already)

Ages 10-11: 10:30am-11:45am

Location: Community Park (Bottom Field)

Ages 12-14: 12pm-1:15pm

11778 Cypress Canyon Rd. S.D., CA 92131

\*Walk up day of camp registration available\*

**\*Each team to sign-up at least 4 players will receive 1-hour of free team instruction\***

### CAMP 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, pitch grips, and pick-offs. Each participant will get adequate mound time and instruction. All activities will be suited to age and skill level.

\*Follow up lessons for teams or individuals available from our staff\*

### CAMP TRAINERS:

**Nate Boman:** Hometown Allied Gardens, San Diego, Ca. Left handed pitcher, All CIF selection at Patrick Henry (2003), Played 3 years at USD (2003-2006), USD all-time leader in K's per 9 innings, 9th round DRAFT choice by the Los Angeles Angels Sept 2006. Currently coaching 12u and 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. Current pitching coaching at Patrick Henry High School.

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