



## **AUTUMN THROWING, PITCHING & CATCHERS CAMP**

When – **OCT 19 to NOV 7** Sundays & Thursday or Tuesday (depends on the week)

**Session A: ages 8 to 11 years olds** (Cost \$200)

Thurs Oct 19<sup>th</sup> – 6pm-6:45; Sun 22<sup>nd</sup> – 9:30am-10:30; Thurs 26<sup>th</sup> – 6-6:45;  
Sun 29<sup>th</sup> – 9:30-10:30; Tues 31<sup>st</sup> – 6-6:45; Sun Nov 5<sup>th</sup> – 9:30-1030; Tues 7<sup>th</sup> – 6-6:45

**Session B: ages 12 to 18 years old** (Cost \$200)

Thurs Oct 19<sup>th</sup> – 6:45pm-7; Sun 22<sup>nd</sup> – 10:30am-11:30; Thurs 26<sup>th</sup> – 6:45-7;  
Sun 29<sup>th</sup> – 10:30-11:30; Tues 31<sup>st</sup> – 6:45-7; Sun Nov 5<sup>th</sup> – 10:30-11:30; Tues 7<sup>th</sup> – 6:45-7

### **Throwing & Pitching**

An intentional and focused program of arm care and the dynamics of proper throwing and pitching pathways and athletic approach.

- Proper arm care; whole body physical recovery
- Exercise patterns for developing arm strength
- Using the whole body to throw and pitch
- Grips, release, finishing for deepened success
- Throwing athletically and accurately
- Mechanically sound, not robotic
- Rhythms and routines for effective throwing and pitching
- Foundations and frameworks of pitching

### **Catchers**

- Physical preparations and approach
- Learning the value and importance of the position
- Body position and posture for effectiveness
- Receiving to framing
- Blocking and controlling the baseball
- Handling the “running game”

**Where** – Calvary FC Regional Fieldhouse (ALDERSYDE)