



FALL CLASSIC PERFORMANCE CAMP

When – **OCT 15 to NOV 26** Sundays – 7pm to 8:45

Ages 10 to 18 years old (Cost \$225)

What - An intentional instructive offseason program for “performance oriented” baseball and fastpitch athletes.

Athletes will be placed in effective working groups.

- **warmup**
- Proper arm care and preparation; catch and throw development
- Development of executable game skills – developing essential good habits
- **position specific training**
 - **preparing to pitch**
 - **catchers development**
 - **outfield and infield play**
- Defensive situations
- The Offensive Game
 - Approach
 - How to practice
 - Dominating the zone
 - Swing management
 - Own-the-road base-running
- Teaching towards “athleticism” and “mechanics” concurrently
- Game play

Where – Calvary FC Regional Fieldhouse (ALDERSYDE)