

2019 Stanford Baseball Skill's Clinic

Ages

10-16 (Players will be separated into groups by age)

Dates

November 25, 26, 27

January 20

Times

Defense: 9:00AM-10:30AM

Hitting: 10:45AM-12:30PM

Agility: 1:00PM to 2:00PM

Cost

Defense: \$70

Hitting: \$75

Agility: \$50

FULL SESSION: \$175

Add On:

Defensive Video Evaluation: \$25

Hitting Video Evaluation: \$25

Camp Limit

50 Campers

Camp Description

Stanford Baseball's Skills Clinic is designed for the player, ages 10-16, that is looking to improve their skills. This clinic is not a showcase or a recruiting camp, but an instructional and development clinic that will be open to any and all entrants but limited to 50 participants. **Players will be separated into groups by age for each segment of the clinic.** Players will have the option to participate in three phases of camp on a daily basis. The morning will consist of a defensive circuit as well as a hitting circuit. All instruction will be held at Stanford's Sunken Diamond and adjacent turf fields. The afternoon session will consist of speed and agility training in the areas of stretching, warmup, speed and agility. How this translates into the game of baseball will be introduced and discussed. Drills may include form running, agility and change of direction work, base running and base stealing technique, and foot speed drills. This is the perfect camp for players looking for things to work on and develop as they advance through club, travel and high school baseball.

Sample Daily Schedule

9:00am: Opening Address and Remarks by Stanford Coaches

9:10am: Stretch

9:20am-10:30am: Defensive Skill Work (players will be separated by age and train at infield, outfield, and pitching stations)

10:45am-12:30pm: Hitting Circuit (105 minutes) (players will be separated by age)

1. Main Field Hitting
2. Tee Work
3. Soft Toss Drills
4. Bunting
5. Machine Work/Breaking Ball Work
6. Hitting Mechanics Discussion
7. Shag

12:30-1:10 Break

1:10pm – 2:10pm: Speed and Agility

Check-In

Check-In will be required before each segment of the day.

Equipment

Each camper must bring his/her own baseball equipment. Players should bring a glove, bat, shoes (metal spikes are allowed on the field), hat, helmet, and wear suitable baseball attire (either baseball pants or sweats/long pants). We ask that you bring turf shoes or athletic shoes to use during the hitting segment as metal spikes are not allowed in the batting cages. There will be a limited supply of bats and helmets that can be provided upon request. Stanford Baseball camps request each camper place their name and phone number on all equipment and items; including shoes, hats, and clothing.

Medical Staff/Insurance

There will be a certified athletic trainer at Sunken Diamond at all times to attend to care for minor injuries and illness. If a camper gets sick or injured while at camp, they will assess the situation and make the decision of what needs to be done. Parents or guardians will be contacted immediately if there is a serious injury or if a camper needs to leave camp early for a medical reason. Please make a notation on the medical portion of your registration if there is any medical condition we should be aware of in advance of the camper's attendance at camp. Our athletic trainer will be available for questions on the first day of each camp and throughout the week.

Insurance information provided on the Medical Waiver Form MUST be accurate. All campers must have their own medical insurance.

Camp Medical Wavier Form

Each camper must have a completed and signed Medical Wavier Form in order to attend camp. If you register for camp online, the Medical Wavier Form can be completed online as well. If you are mailing in a registration form, you will receive a printable version of the Medical Wavier Form when you receive your registration confirmation email.

Lunch

Lunch is not included in the purchase of Stanford Baseball Clinic

Refund and Cancellation Policy

Refunds are no problem. Kids get sick, vacations come up, and unfortunately, you may need to cancel. Please contact the Stanford Baseball Office at baseballoffice@stanford.edu to request a cancellation. Refunds are available until 5pm the Friday before camp. There is a \$75 cancellation fee. Registration fees from Active (our online registration company) will not be refunded.