

## **2019 Stanford Baseball Winter Development Camp**

### **Ages**

**13-17 (Players will be separated into groups by age)**

### **Dates**

December 7 and 8

December 14 and 15

### **Times**

Saturday: 10:00am-3:30pm

Sunday: 10:00am-3:00pm

### **Cost**

\$450

### **Add On:**

Hitting Video Evaluation: \$25

Pitching Video Evaluation: \$25

### **Camp Limit**

75 Campers

### **Camp Description**

Stanford Baseball's Winter Development Camp is run by Stanford Pitching Coach Thomas Eager and Assistant Coaches Tommy Nicholson and Steve Rodriguez. It is designed for the player, ages **13-17** that is looking to improve their skills and establish a strong fundamental foundation for the upcoming spring. This is an instructional and development camp is open to any and all entrants but will be limited to 75 participants. **Players will be separated into groups by age for each segment of the camp.** The camp will be split up into two days. Saturday morning will consist of a defensive circuit, **separated by age and position**, in the forms of pitching, catching, infield, and outfield. The defensive segment will be practiced both Saturday and Sunday. Your player can practice a different position each day. Pitchers will have the opportunity to throw off the bullpen mound with Rapsodo readings along with a circuit involving fielding, arm care and proper catch play. Following the defense circuit there will be a hitting circuit (See schedule below for hitting rotations). The afternoon 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. Sunday will begin with a defensive segment in the morning. After the defensive segment we will divide the camp into groups by age and rotate between simulated games, hitting instruction in the cage and

presentations by the Stanford Coaching Staff. All instruction will be held at Stanford's Sunken Diamond and adjacent turf fields. This is a great camp to establish fundamentals going into the New Year and the 2020 Baseball in front of the Stanford coaching staff.

## **Sample Daily Schedule**

### **Saturday**

10:00am: Opening Address and Remarks by Stanford Coaches

10:20am: Stretch

10:30am-11:45am: Defensive Skill Work (players will be separated by age and train at infield, outfield, and pitching stations)

12:00pm-1:45pm: 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

1:45-2:15 Break

2:20pm – 3:20pm: Speed and Agility

3:20pm- Closing Remarks

### **Sunday**

10:00am: Opening Address and Remarks by Stanford Coaches

10:15am: Stretch

10:30am-11:45am: Defensive Skill Work (players will be separated by age and train at infield, outfield, and pitching stations)

12:00PM-3:00PM: Rotation of Simulated Games; Coaches Talk; Hitting Instruction (Players will be separated by age)

### **Check-In**

Check-In will be required before 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). 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](mailto:baseballoffice@stanford.edu) to request a cancellation. Refunds are available until one week before camp. There is a \$100 cancellation fee. Registration fees from Active (our online registration company) will not be refunded