

JANUARY PITCHING PREPARATION CAMP

THE DETAILS

Who: Open to any and all players limited to the grad years listed and a limit of 20 participants (2020, 2021, 2022, 2023, 2024, Grad Years)

What: Pitching camp with Stanford Coach Thomas Eager

Where: Sunken Diamond – Stanford University

When: January 11th, 2020

Cost: \$250

Pitching Preparation Camp is a great way for any pitcher gearing up for their upcoming high school season while also be able to showcase their talents and learn from Stanford Pitching Coach Thomas Eager. Each athlete will receive individual instruction from Coach Eager while throwing a bullpen and receiving a detailed Rapsodo Report. You will also receive Coach Eager's Pitching Manual which will give you tips and guidance as you prepare for the upcoming season.

ITINERARY FOR THE DAY

-Video and mechanics break down discussion – Led by Coach Eager

-Throwing program discussion – Led by Coach Eager

-Mental game discussion – Led by Coach Eager

-5 individual stations: Ran by Coach Eager and Stanford Pitchers

1. Bullpen 15-25 pitches
2. Arm Care Routine
3. Core Velocity Belt Training
4. Pitching Fielding Practice
5. Bullpen Prep

