



President's Day Baseball Camp

Come join us for an exciting day of baseball! We strive to offer the most intense instructional training (with a low student to instructor ratio) by building self-confidence and preparing them for the next level of play. Most one day camps focus on repetition and fail to offer what each player really needs...Instruction. This four hour camp will focus on hitting, fielding, base running, throwing and pitching. Each individual will not only have four hours of instruction but they will be given take home skills and drills to perfect their game. Register online at www.boyceball.com.

Camp Highlights:

Pitching:

- ❖ Proper warm up drills
- ❖ Throwing progression drills
- ❖ Pitching grips
- ❖ Pitching mechanics

Fielding / Throwing:

- ❖ Form fielding drills
- ❖ Proper footwork
- ❖ Forehand / backhand drills
- ❖ Ball transfer and throwing mechanics

Hitting:

- ❖ Soft toss and tee drills
- ❖ Insider bat training drills
- ❖ Foot work drills
- ❖ Drills to increase power and bat speed
- ❖ Hitting mechanics
- ❖ Proper bat sizes

Base Running:

- ❖ Rounding 1st base
- ❖ Leading off / stealing (13-up)
- ❖ Base running strategies



Serious Instruction for Serious Ball Players

Register on line:

www.boyceball.com

or

mail with payment to:

**Joe Boyce
2861 176th Ave NE
Ham Lake, MN 55304**

Camp Date: Monday, February 20th 2012

Location: Goalkick Indoor Sports Complex
11521 Eagle Street NW
Coon Rapids, MN 55448

Time: 10am – 2pm

Cost: \$50 per player (all ages)

Lunch and t-shirts will be provided

(Register a group of 4 athletes and pay \$40/each)

Featuring: Former professional ball players with high school varsity and collegiate player assistants.

Parent or Guardian		
Athlete Name		Age
Address		
City	ST	Zip
Email Address		
Phone #	T-Shirt size: Adult sizes	
	S M L XL	

Enter group name here: (for group of 4 pricing)