



Winter 2012 Pitching Camp

**Baseball Spring Training begins in
January for Pitchers and Catchers.**

Calling All Pitchers and Catchers!

Group Lessons / 4 - Week Duration

**Register for our baseball winter pitching
camp today!**



Four Week Camp

January/February 2011

Ages 11 -14: Saturdays 1PM – 2:30PM

(Jan 28, Feb 4, 11, 18)

Maximum 6 Pitchers per Age Group

\$109 for ages 11 and up
(less than \$20 per hour)

Registration forms can either be
picked-up at **BASES** or downloaded
at www.sandlotbwi.com

DESCRIPTION:

- Four week long baseball pitching camp provides instruction in a relaxed and fun atmosphere.
- Camp is indoors at the **BASES** Training Facility on Ordnance Road.
- Camp will focus on a wide range of age appropriate pitching skills including; control, velocity, pitch selection, holding runners, pick-offs, and more.
- Instruction will be age specific. As such, certain skills (i.e. holding runners, etc.) will not be included for every age group.

WHAT TO BRING:

- Glove
- Comfortable athletic clothing. Baseball pants or sweats recommended. Shorts NOT recommended.
- Athletic shoes for most activities. Pair of cleats recommended (not required) for pitching mound use. Bring cleats with you to change into. DO NOT make them your ONLY shoe for the day.
- Catcher recommended (not mandatory). Youth catchers attending these camps will not be charged camp registration fee while benefiting from the additional battery time with their pitchers, additional conditioning opportunity, and opportunity to improve their game calling and pitch selection strategy.

INSTRUCTOR:

- Coach Eric Potter
Eric is a left handed pitcher currently in the Oakland A's organization. He was drafted in the 2011 MLB Draft out of the University of Maryland, College Park. Eric pitched four years at Maryland, mostly as a starter. Before that he graduated from Arundel Hgh School in Gambrills, MD where he was part of a Maryland state championship team in 2006 and was an All-Anne Arundel County selection in 2007.

Eric has run and assisted with many children's camps and pitching clinics within the local area. He also has assisted with the Potter Baseball Tour, run by his father, Jeff Potter. Eric earned his degree in Kinesiology, Exercise Science.

BASES Training Facility
(410) 590-3224
www.sandlotbwi.com