



2010 Billings Royals Pitchers/Catchers Camp February 26, 27 & 28

Ages 9-18

Feb 26, 6 -9 pm / Feb 27, 8 am - 4 pm / Feb 28, 8 am - noon

Pitchers

- Dartfish video pitching analysis
- Throwing program
- Pitch development
- Defensive responsibilities
- Pickoffs/Holding runners
- 1on1 Bullpen work
- Pitcher specific SPARQ training-provided by Billings Clinic Sports Medicine Staff

Catchers

- Defensive stance
 - Pitch framing
 - Blocking
 - Throwing to bases/Fielding bunts
 - 1st & 3rd situations
 - Hitting instruction
- Catchers must have own gear and players should bring tennis shoes, glove, water bottle, and sack lunch (sat only)*



Camp Instructors:

Greg Steffanich- Head coach Billings Royals, Director of pitching Hitters Club of Montana, Associate Scout San Diego Padres

Terry Wink- Pitching coach Billings Royals/ National Pitching Association certified pitching instructor

Scott Hayden- Head coach Billings Blue Jays, Hitting-Catching instructor, Hitters Club of Montana, Billings Royals pitchers and catchers

Cost:

Pre-register
by
Feb 15

\$160- Catchers only (no pitch)

\$180- Pitchers if registered by February 16 (includes Dartfish DVD of pitching analysis)

\$200- After Feb 16 (includes pitching video)

Camp is limited to 1st paid 40 pitchers/ 40 catchers

For more info call Greg Steffanich @ 406-670-7320

To register and to download Release Form visit www.leaguelineup.com/billingsroyals

Mail Registration/Release Form and checks payable to: Greg Steffanich Box 50954 Billings Mt. 59105



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