

UNIVERSITY OF CINCINNATI

WINTER BASEBALL CAMPS



Saturday, January 21st 2012 10:00 to 1:00

Players in Grades 8-12

\$75 or \$40 if attending as part of a group/team of 5 or more



The UC Winter Baseball Camp will be held inside the Sheakley Athletics Center bubble which is located directly next to UC's Marge Schott Baseball Stadium. The indoor bubble is a covered full sized turf football field. The bubble serves as UC Baseball's indoor practice facility when the Bearcats are unable to practice outside.

- *Camp Instructors:* UC Head Baseball Coach Brian Cleary, Pitching Coach J.D. Heilmann, Hitting Coach Greg Mamula, Assistant Coach Sam Slavik along with members of the Bearcat Baseball Team.

PITCHER CAMP: Pitchers will receive instruction and perform pitching drills on mechanics, approach, grips, fielding, holding runners, arm strengthening, arm care, injury prevention and in season as well as out of season throwing programs. Each pitcher will also throw a bullpen to a catcher.

CATCHER CAMP: Catchers will receive instruction and perform catching drills on set-up, receiving, blocking, throwing, and fielding as well as other aspects of playing the position. Catchers will have the opportunity to catch bullpens and make throws on a regulation sized infield.

INFIELDER CAMP: Infielders will receive instruction and drill at third-base, shortstop and second-base. The infielders will do their infield drills on a regulation sized turf infield.

- **TO SIGN UP:** complete and mail in the camp application along with a check. Once we have received your application and check, we will e-mail you a confirmation. A week prior to camp, we will e-mail all of the registered campers with some more specific details (directions, parking, what to wear, bring, etc).
- **QUESTIONS:** Feel free to e-mail or call Assistant Baseball Coach Greg Mamula at mamulagg@uc.edu or 513-556-1538.
- **PLEASE NOTE:** This is a defense only camp and the Infielders Camp is not designed for first-baseman.