

Saints Baseball WINTER Camps

Youth Instructional Camp (Sat, 1/20)
High School Prospect Skills Camp (Sat, 2/3)

- Youth Instructional Camp _____ x \$50.00 _____
- HS Prospect Skills Camp
- Two-Way Players _____ x \$120.00 _____
- Pitcher Only Players _____ x \$ 80.00 _____
- Position Players _____ x \$ 80.00 _____

- \$10 discount for each sibling at camp _____

Saints Baseball Camp Total _____

Camper(s) Name(s)

Emergency Phone and Contact Person

Email Address

Camper(s) Age(s) Camper(s) Grade(s)

High School (if applicable)

Medical Insurance Company

Policy Number

I hereby authorize a representative of Siena College baseball to take my child to a physician or hospital should the need arise. This also assures Siena College, that my child is in good physical condition, and in good health, and my child can participate in all of the showcase activities. I also release the Siena Athletic Department, the Baseball Coaching Staff, and participating coaches/employees from all rights and claims for damages, loss of property or person, or injuries that may be sustained during any involvement with the Camp Activities.

Signature

Checks written to:
Saints Baseball Enterprises
515 Loudon Road
Loudonville, NY 12211

**SAINTS BASEBALL CAMPS
ATTN: DAVID YAMANE
515 LOUDON ROAD
LOUDONVILLE, NY 12211**



**Saints Winter
Baseball Camps**
Youth Camp, Grades 1st-8th
HS Prospect Camp, Grades 9th-12th

***Learn to play
baseball the
way!***



For additional Information, please contact:
David Yamane, Assistant Baseball Coach
Phone: 949.922.0800c, 518.782.6875b
Email: DYamane@siena.edu

Youth Instructional Camp Description

The Saints Baseball Camps are a great way to get a head start on your baseball training. Camp will be Sat, 1/20.

We will cover the basics in all aspects of play; fielding, throwing, pitching, hitting, and base running. Campers will learn mental, physical, and mechanical techniques to improve their game and how to work on these skills when they practice on their own. This is a great time to get repetitions in before the first spring practice with college coaches and players present. There will be approximately an 8-10 camper to coach ratio.

Private lessons and group lessons are available for grades 8 and younger.

Youth Instructional Camp Itinerary

12:30p-1:00p Sign In/Registration
1:00p-1:10p Coaches Introduction
1:10p-1:25p Stretching/Warm Ups
1:25p-1:40p Break into Groups by Grade
1:40p-2:15p Rotation 1 (e.g. Hitting)
2:15p-2:50p Rotation 2 (e.g. Base running)
2:50p-3:25p Rotation 3 (e.g. Fielding)
3:25p-4:00p Rotation 4 (e.g. Pitching)
4:00p-4:15p Campers picked up



Directions to Siena Campus

From the North

From the Northway (I-87), take Exit 5 (NY 155). Turn left on NY 155 to US 9. Turn right onto Route 9 for two miles. Siena is on the left.

From the South

Travel north on the New York Thruway to Exit 23 (I-787). Follow I-787 North to I-90 West. Take Exit 6 (US 9 North to Loudonville, first exit off I-90). Follow Route 9 North approximately two miles. Siena is on the right.

From the East

From the Massachusetts Turnpike, take the New York Thruway to Exit B-1 (I-90 West). Follow I-90 to Exit 6 (US 9 North to Loudonville). Follow US 9 North approximately two miles. Siena is on the right.

From the West

From the New York Thruway, take Exit 24 (Northway I-87). Follow Northway North to Exit 5 (NY 155). Turn left on US 155 to US 9. Turn right on US 9 for two miles. Siena is on the left.

Directions to Marcelle Athletic Complex on Siena Campus

Turn onto Spring Street—From 9 South turn left
From 9 North turn right

Turn left onto Turchi Road.

Turn left at the stop sign.

You will see the Marcelle Athletic Complex (MAC) at the end of Turchi Road when you reach the stop sign.

Turn left and park in Lot W, next to the MAC.

Enter through the glass doors.

What to Bring/Apparel

Turfs/Athletic Shoes (we are indoors)

Glove

Bat

Catchers need to bring their own gear

Baseball Pants (preferable)

T-Shirt

*Each player may be assigned a number to be worn throughout the day for identification purposes

Prospect Skills Camp

The Saints Prospect Skills Camp gives players the opportunity to learn the fundamental philosophies and techniques of the game used by the Saints Baseball program. Siena College coaches, with the assistance of current players, will teach these mental, physical, and mechanical techniques at camp.

Pitchers, two-way players, and catchers sign in from 8:30a-9:00a.

Pitcher only players finish around 11:15a. Position players sign in from 11:00a-11:30a.

All campers are welcome to the recruiting process talk from 11:30a-11:45a.

Camp finishes around 1:00p for catchers and other position players.

Pitcher Only cost is \$80.00.

Two-Way players cost is \$120.00.

(Two-Way players will Pitch, Hit, and Learn Defense)

Position players cost is \$80.00.

Prospect Skills Camp Itinerary

8:30a-9:00a Sign In/Registration
9:00a-9:45a Pitcher Talk
9:45a-10:00a P/C Stretching/Warm Ups
10:00a-10:25a Rotation 1
(e.g. Mental Skills Development)
10:25a-10:50a Rotation 2
(e.g. Bullpen Preparation)
10:50a-11:05a Rotation 3
(e.g. Bullpen)
11:00a-11:30a Sign In/Registration
11:30a-11:45a Recruiting Process Talk
11:45a-12:00p Hitting Talk
12:00p-12:30p Rotation 1
(e.g. Hitting/Base running)
12:30p-1:00p Rotation 2
(e.g. Defensive Skills)
1:00p Camp Completed