



# 2011 Stanford Baseball ELITE Pitching Academy

WITH GUEST SPEAKER STEPHEN STRASBURG

DIRECTED BY THE **STANFORD BASEBALL COACHING STAFF**

\*\*\*All HIGH SCHOOL AGED PLAYERS\*\*\*

## Academy Information

Pitchers will be grouped by age, ability and prior experience. Program emphasis will be on individual skills, fundamentals and advanced Pitching strategy. Areas covered will include Pitchers Fielding Practice, Pick-Off moves, Strength, Conditioning, Flexibility, Arm care, Bullpen Sessions, and much more. Check in and all instruction will be held at the Stanford Varsity Baseball Field (Sunken Diamond). Coach to camper ratio is 1 coach for every 6-8 players. All campers will receive a Stanford Baseball hat and hooded sweatshirt.

\*\*\*\* ON DECEMBER 27th FROM 6:30 PM - 8:30 PM, THERE WILL BE A SPECIAL 2-HOUR Q&A SESSION WITH STANFORD BASEBALL PITCHING COACH RUSTY FILTER, GUEST SPEAKER AND WASHINGTON NATIONAL **STEPHEN STRASBURG**. THE DISCUSSION WILL COVER ALL ASPECTS OF PITCHING. FOLLOWING THE DISCUSSION, COACH FILTER AND STEPHEN WILL FIELD QUESTIONS FROM BOTH CAMPERS AND PARENTS\*\*\*\*

**EQUIPMENT:** Campers must provide their own glove, shoes and suitable baseball attire (either baseball pants or sweats/long pants). **PLEASE REMEMBER TO ALSO BRING A JACKET!**

**REGISTRATION:** There will be a limit to the number of campers in each session. In the past, our camps have filled to capacity very quickly, so if you would like to be assured of a spot, please return your application at the earliest possible date. For further information call (650)723-4528 during business hours, 9am-4pm.

**DO NOT MAKE ANY FLIGHT, TRAVEL, or HOTEL ARRANGEMENTS UNTIL YOU HAVE RECEIVED CONFIRMATION THAT YOU HAVE BEEN ACCEPTED INTO THE CAMP!**

### 2011 STANFORD BASEBALL ELITE PITCHING ACADEMY

THERE ARE TWO (2) SESSIONS AVAILABLE. (AM and PM) CHECK THE SESSION(S) YOU WISH TO ATTEND

				PRICE
___Session I:	ELITE PITCHING ACADEMY	DECEMBER 27-28	8:15 am - 11:45 am (Tues - Wed)	<b>\$ 450</b>
___Session II:	ELITE PITCHING ACADEMY	DECEMBER 27-28	12:45pm - 4:15pm (Tues- Wed)	<b>\$ 450</b>

NAME \_\_\_\_\_ AGE \_\_\_\_\_ TEL.# \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CONTACT EMAIL: \_\_\_\_\_ SWEATSHIRT SIZE M L XL XXL

TO **APPLY**, EMAIL COACH FILTER ([rfilter@stanford.edu](mailto:rfilter@stanford.edu)) with your name and phone number, **AND** MAIL THIS APPLICATION WITH CHECK MADE PAYABLE TO "CARDINAL BASEBALL CAMPS" TO:

**STANFORD BASEBALL  
DEPARTMENT OF ATHLETICS  
641 E. CAMPUS DRIVE  
STANFORD, CA 94305-6150**

\*YOU WILL RECEIVE CONFIRMATION OF REGISTRATION VIA E-MAIL\* \*No Refunds after DEC 1, 2011\*