

PIEDMONT

HIGHLANDERS

SPRING BREAK

BASEBALL CAMP

PRESENTED BY ERIC OLSON, HEAD COACH OF
PIEDMONT HIGH SCHOOL BASEBALL

Who: Baseball players ages 6 - 13

Where: Humphries Diamond at Witter Field

When: Monday April 11 – Thursday April 14

Time: 9:30am - 3:30pm

Cost: \$250 for the 4 days or \$75 for individual days

To reserve your spot and obtain registration information, please contact Eric Olson at coachericolson@gmail.com or (415) 246-0464

Camp Details:

The 2016 PHS Baseball Camp offers players the opportunity to receive quality instruction from members of the PHS coaching staff and current PHS baseball players.

Instruction will include an emphasis on the fundamentals of throwing, catching, fielding, hitting, pitching and base running. Games will be played in the morning and afternoon and instruction will be “hands on” in a fun, positive environment.

Equipment

All Players are required to bring their own equipment including a glove, hat and athletic footwear (cleats are recommended). Players may bring bats and helmets, although they are not required. Please do not bring baseballs.

Lunch

Players are required to bring a snack, lunch and water bottle

*All players will receive a camp shirt

*All proceeds go to PHS baseball.

TYPICAL DAY

9:30AM - STRETCH/AGILITY
9:50AM - THROWING PROGRAM
10:10AM - DEFENSIVE SKILL WORK
11:00AM - SNACK
11:15AM - MORNING GAME
12:30PM - LUNCH
1:15PM - OFFENSIVE SKILL WORK
2:30PM - AFTERNOON GAME
3:15PM - BASERUNNING
3:30PM - CONCLUSION