

2016 UA BASEBALL

THROWING ACADEMY

UPPER ARLINGTON HIGH SCHOOL FRESHMAN GYM

In being around baseball for 25+ years, we have come to the conclusion that proper throwing mechanics and arm strength are necessary, regardless of the position you play. When kids talk about sore arms, many factors come into play, but the overwhelming majority of soreness comes from lack of conditioning and poor mechanics.

For the first time at Upper Arlington, high school coaches Tom Marker and Matt Struble will be offering the Winter Throwing Academy. Through a series of personalized drills and weekly repetition, these coaches will provide a blue print for players to learn, understand and implement through their spring, summer, fall and offseason training.

PLAYERS WILL RECEIVE:

- Instruction from coaches that have played the game at a high level and now coach
- Drills to take home and work on leading into your season
- An opportunity to learn the terminology and work ethic that the coaches expect from everyone in the program

THROWING ACADEMY (4TH - 8TH GRADE)

Players in grades 4th through 8th will participate for (6) one-hour sessions.

FOCUS AREAS INCLUDE, BUT ARE NOT LIMITED TO:

1. Pre Throwing Stretching (JBands)
2. Progression Throwing
3. Long Toss and Proper Pulldown Phase
4. Post Throwing Pre Hab
5. Conditioning
6. Bullpen Transition and Mechanics

AGES: Grades 4 - 8

DATES: Dec 4, 11, 18 ; Jan 8, 15, 22

TIMES: 10:56 - 12:02

LOCATION: UAHS Freshmen Gym

ATTIRE: Baseball Pants, Light Sleeves, Extra Heavy Sleeves, Hat

EQUIPMENT: Glove

COST: \$80 for 6 one hour sessions



UA VARSITY COACH
TOM MARKER

REGISTER AT GOLDENBEARBASEBALL.COM

For more information e-mail tmarker@uaschools.org

THIS CAMP IS NOT A FUNCTION OF UPPER ARLINGTON CITY SCHOOLS