



Summer Baseball Academy 2012

Age Group: 11-13 years old

Time: 9:00am-3:00pm

Where: Guy Mason Field or Jelleff Field

Session 1: June 25th-June 29th **Session 2:** July 2nd-July 6th (no camp July 4th)

Session 3: July 9th-July 13th **Session 4:** July 16th-July 20th

Session 5: July 23rd-July 27th **Session 6:** July 30th-August 3rd

Max Campers: 20

Cost: \$325.00 (per session)

*Register for 2 sessions and get a \$50 discount on a 3rd session

Camp Description:

This is not your run of the mill baseball camp; numbers are kept low for individualized attention and maximum reps for campers. The camp is designed for baseball lovers, and for those that really want to improve in all phases of the game. Campers will receive quality instruction in small groups and coaches will challenge players to reach their full potential. We will work to improve swing and defensive mechanics through the use of video analysis. We find that kids make much quicker adjustments in their mechanics when they see themselves on video. We guarantee that each camper will leave more confident in their baseball abilities, and with a greater understanding of how to play the game the right way!

Coaching Staff:

Antoine Williams - Head Coach, Maret School and President of DC Dynasty

Mark Allen-Gifford - Head JV Coach, Maret School and Vice President of DC Dynasty

Michael Shore - Head Coach, Hayfield HS (VA) and Director of Camps and Personnel

London Hitchman - Asst. Coach, Maret School and General Manager of DC Dynasty

Carlos Chavarria - President of El Diamante International, and Catching Coordinator DC Dynasty

Todd Nutter - 19U Head Coach, Hitting Coordinator DC Dynasty

*Including former and current DC Dynasty Players

Example of daily schedule:

09:00-09:15 Sign-in and Trivia	12:00-12:30 Baseball Video
09:15-09:25 Dynamic and Static Stretching	12:30-12:40 Warm-up
09:30-09:50 Speed and Agility Training	12:40-12:50 Throwing Mechanics
09:50-10:00 Break	12:55-13:05 Red Team Pre-Game
10:00-10:10 Shoulder Maintenance	13:05-13:15 Blue Team Pre-Game
10:10-10:25 Defensive Technique & Pitching Drills	13:20-14:45 Game #1 Best of 5 Series
10:30-10:45 Base-running Drills	14:50-15:00 Clean-up and Pep Talk
10:50-11:30 Batting practice & Filming	
11:30-12:00 Lunch	

***Go to register tab to sign-up or e-mail info@dcdynastybaseball.net for more information**

