

The Islander Baseball Staff is pleased to announce the dates of their Winter Baseball Camps. This year's camps will be as follows:

**January 24, 2009**

## **Pitcher / Catcher Camp**

### **Camp Includes:**

- \*Pitching & Catching Instruction from Texas A&M University – Corpus Christi Staff & Players
  - \*Individualized Pitching & Catching Development - Bullpens and Flat Ground
  - \*Explanation of Islander Pitching & Catching Philosophies and Specific Drill Sets
  - \*Sports Medicine Arm Care and Injury Prevention
  - \*Evaluation of Camper's Pitching & Catcher's Ability and Suggested areas of Improvement.
  - \*Islander Pitcher/Catcher Strength & Conditioning Workout Presented
- 

**January 25, 2009**

## **Hitting & Defensive Skills Camp**

### **Camp Includes:**

- \*Hitting & Defense Instruction from Texas A&M University – Corpus Christi Staff & Players
  - \*Individualized Hitting & Defensive Development – Batting Practice & Fungo Sessions
  - \*Explanation of Islander Hitting Philosophy and Specific Drill Sets
  - \*Specific Defensive Drill Sets for each position
  - \*Evaluation of Camper's Hitting and Defensive Ability & Suggested areas of Improvement.
  - \*Islander Position Player Strength & Conditioning Workout Presented
- 

**Camps are \$50 each and both run from 9 AM to 3 PM**

**Age: High School Seniors and under**

**For More Information or to Register & Reserve a spot visit:**

**[www.islanderbaseballcamps.com](http://www.islanderbaseballcamps.com)**