



## 2018 Sioux Falls Canaries HITTING, PITCHING, and DEFENSE Camp

\*\*\*FOR AGES 8-12 YEARS\*\*\*

**HITTING:** We provide these young athletes with a chance to have hands-on instruction. Each day camp will begin with a 20-minute instruction session. Following the instruction session campers will be in groups of 4 to 6. The campers will then rotate through multiple hitting stations. Campers can expect to get about 125 swings a day. The pace to this camp is quick and full of activity, with very little standing around time.

**DEFENSE:** Open to CATCHERS, INFELDERS, and OUTFIELDERS, the Defensive Camp will be a clinic with hands-on instruction. Each position is covered in great detail. This camp is designed to be educational and hands-on, with many repetitions. This camp is for the baseball player who is driven to learn specific characteristics of his position.

**PITCHING:** We provide these young athletes with a chance to have hands-on instruction. All aspects of pitching are covered. Special emphasis is given to proper pitching and arm mechanics. Proper arm care, stretching, and arm strength development are introduced.

The hitting camp, the defensive camp, and the pitching camp will all take place during the 4-hour camp session. Each camper will have instruction in all aspects of skill development. Campers have the option to enroll in one day, or both days of the camp.

**EQUIPMENT:** Campers must provide their own glove and shoes. Campers may use their own bats and helmets, although we will have plenty of both at the camp. Since we will not be playing games or sliding, wearing shorts is fine.

**REGISTRATION:** To register by Mail, please use the form below. For further information call camp coordinator, Duell Higbe at (605) 937-8222 or by email at [duell@sfcanaries.com](mailto:duell@sfcanaries.com).

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### 2018 Canaries HIT, PITCH, DEFENSE CAMP

\_\_\_\_ DAY 1 Canaries Instructional Camp, MONDAY JULY 30<sup>th</sup> @ 9:00 am – 12:30 pm (\$79.00)

\_\_\_\_ DAY 2 Canaries Instructional Camp, TUESDAY JULY 31<sup>st</sup> @ 9:00 am – 12:30 pm (\$79.00)

\_\_\_\_ BOTH DAYS Canaries Instructional Camp, JULY 30<sup>th</sup> & 31<sup>st</sup> (\$140)

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

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

CONTACT EMAIL: \_\_\_\_\_

TO APPLY, CLIP AND MAIL THIS APPLICATION (WITH CHECK MADE PAYABLE TO CANARIES BASEBALL):

Canaries BASEBALL CAMP office:

SIOUX FALLS CANARIES STADIUM  
1001 N West Ave Sioux Falls SD 57104

(Camp is open to any and all applicants, ages 8-12)