



Minot State University Fall 2018 PITCHING CAMP

DATE: Sunday, October 14th

SESSION 1: Grades K-5 (12 – 2 PM)

SESSION 2: Grades 6-12 (2 – 4 PM)

COST: \$50

LOCATION: MSU Dome

500 University Ave W, Minot, ND 58707

CAMP DIRECTOR: Tanner Spencer

Phone: (719) 726-1955

Email: tanner.spencer@minotstateu.edu

WHAT TO BRING: Baseball glove and appropriate athletic shoes

The MSU Beavers Baseball coaching staff and current players are here to provide professional one-on-one skill instruction on all facets of pitching to take your game to the next level! The MSU Beavers Baseball Program are currently the NSIC Conference Champions and have consistently been among the top of the conference in pitching statistics. Below is an outline of what the camp will offer:

- Proper warm up and band series
- Throwing mechanics
- Pitching mechanics
- A collegiate level sample daily throwing progression
- An intro to pitcher specific conditioning/strength work
- Mental training for pitchers
- Arm health outline/conversation
- Recruiting conversation

Register online at: MSUBEAVERSCAMPS.COM

MSU Beavers Baseball Camp Mission Statement: The MSU Beavers Baseball Camps have been created to provide professional instruction to players of all ages and ability levels. We aim to develop each player's skill-set and understanding of the game. Our passionate approach to the game and advanced training methods will provide an affordable service that allows each player the opportunity to excel at their craft. We will provide a fun and competitive environment and teach the game with an unrivaled enthusiasm and commitment to excellence. By committing to positive youth development our camps are structured to promote qualities such as: Sportsmanship, positive attitude, humility, teamwork, patience, control of emotion, hustle, confidence, respect, and most importantly FUN.