

2 DAY SOFTBALL PITCHING WORKSHOP

\$99

WHEN

Dec. 27th & 28th
9am – 12pm*

*We are listing the camp as 3 hrs so we don't feel rushed. It may only last 2.5 hrs.

Take Home
Assessment &
Video Analysis!

WHERE

Canisius College

Koessler Athletic Center
Patrick Lee gym
2001 Main St., Buffalo, NY 14208



FEATURING

Kim Griffin Canisius College Head Coach
Jesse Rosenhahn Elite Sports Training Owner

REGISTER AT

TOTALCAMPS.COM/CANISIUSSOFTBALL

WHAT TO BRING

- GLOVE & SNEAKERS, YOU WILL BE PITCHING INDOORS
- A NOTEBOOK & PEN
- A CATCHER/PARENT TO CATCH & BUCKET TO SIT ON IF NECESSARY

*PARENTS ARE WELCOME AND ENCOURAGED TO COME TO ALL STATIONS
VIDEOTAPING IS ALLOWED AND ENCOURAGED*

CAMP IS OPEN TO ANY AND ALL ENTRANTS 11-18 YRS OLD. FIRST COME FIRST SERVE.

DAY 1

- Warm-up & Videotape
- Fastball Mechanics Seminar
- Fastball Clinic & Assessments

Day 2

- Breaking Pitches Seminar
- Fastball Warm-up STATIONS:
 - Breaking Pitches Assessment
 - Player Video Analysis & Assessment Review
 - Pitcher Specific Workouts

ASSESSMENT INCLUDES

Speeds
Spin Rates
50+ Mechanical Checkpoints
TAKE HOME ZIP DRIVE WITH VIDEO ANALYSIS OF PLAYER

