

Roselle Catholic Baseball Pitchers Boot Camp

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Dates: Week 1 July 10-14 8-17 yrs 9-1 pm

Location: Alumni Park @ Roselle Catholic

Clear your schedule and clear your mind. How did your season go? Did you have the success you hoped for? Do you want more?

Roselle Catholic Baseball's summer pitchers boot camp is here!

Last year we saw velocity rise and confidence soar as many of the players from last year's camp had great success. This year's camp is bigger and better. We will have more video analysis, new equipment and a knowledgeable staff who will personalize a work out for you to take home when camp ends. We will use proven ballistic training methods, weighted balls, bands, and our "blending" protocols to achieve the following goals:

1. Develop a healthy, durable arm. (Most of the population has very little clue on how to do this and the conventional wisdom is horrible in this regard, this is one major reason arm injuries are at an epidemic proportion)
2. Develop a connected, efficient movement pattern. (Sounds simple but without a plan a vast majority of pitchers, even at the professional levels, are disconnected to some degree.)
3. Build a bigger motor. (Develop skill specific strength, specific to throwing a baseball, not power lifting, body building or football strength.)
4. Objectively measure everything you can from your warm up to your recovery.
5. Regular checkups and assessments to make certain you are on track.

We will introduce the **MOTUS ARM SLEEVE, BLAST Motion sensor**, and the **Core Velocity Belt**. All three of these devices are used by major universities and MLB teams. Sign up and see where you stand in the world of data analysis. Take your training to the next level!!

Each player will leave camp with a detailed analysis of how their arm operates and what they can do to achieve their goals in the remaining summer/fall months

Day 1

1. Program Overview
2. Wake-up/Warm-up
3. Video Analysis
4. Rotation #1, (Arm Care)

Day 2

1. Video analysis
2. Outside strength circuit
3. Rotation #2 (velocity) (inside strength circuit)
4. Developing secondary pitches

Day 3

1. Wake up/ Warm up
2. Rotation #1 Arm Care
3. Tubing, wrist weights, T.Y.I'S
4. "Blending" Protocol w/ radar readings.

Day 4

1. Video analysis with each camper
2. Inside/outside circuits
3. Developing secondary pitches
4. "Blending" protocols
5. Overview/ see you in the Fall

