

SUNDAY NIGHT HACKS IS BACK!!!!

Maximum of 40 Players Each Session – 3:30 – 5:30 (ages 8-13), 6:00 – 8:00 (ages 14-18)
(Home of Stanford University Baseball)



Stanford Baseball is pleased to announce that once again we will be holding our incredibly popular **Sunday Night Extra Hacks Hitting Camp!** This camp will be directed by Stanford Baseball Coaches, Tommy Nicholson, and Jack Marder. As in the past, many of the current members of the Stanford Baseball team will be helping with our instruction.

These clinics are open to any and all players, only limited by age (8-18 years old) and total number of players welcome. PLEASE NOTE THAT CAMPERS AGED 8-13 ATTEND 3:30 PM- 5:30 PM, CAMPERS AGED 14-18 ATTEND 6 PM- 8 PM.

Registration for our Camps: stanfordbaseballcamp.com – you must sign up through our website to be officially registered for camp!!

Here are the logistics to our Extra Hacks Camp:

- A camp session runs four Sundays (weeks).
- Session 1 will start on **Sunday, October 1, 8, 15, 22.** (We will have more sessions later on in the year)
- Cost is \$200 for the four weeks.
- The techniques being taught will be the hitting philosophy of what we teach to our Stanford Baseball Players.
- Each session will be about two hours in length.
- Usually there will be 8-9 hitting stations, approximately 10-12 minutes per station.
- **LOCATION:** All sessions will be conducted at our one MILLION dollar 16,000 square foot **batting cage area at Stanford University Sunken Diamond.** That facility is covered, has artificial turf, and is lit so not matter what kind of weather conditions exist we can still have camp.
- Your teammates as well as baseball buddies are welcome to attend with you if they desire. However, please realize that NCAA rules state we must take registrations on a first come, first serve basis.
- **You sign up ONLINE at: stanfordbaseballcamp.com. If you have questions, contact Jack Marder at marder@stanford.edu or 650-725-2054. You are not into camp until you've received an email confirming your attendance.**
- This camp is baseball intensive. On average, you will get about 125-150 swings a night. Come ready to go to work!
- We will have bats and helmets, although many players bring their own bat and helmet.
- We have seen remarkable improvement in the past by campers because of the fact we get to work with someone over an extended period of time.
- This camp is very popular and has filled to capacity very quickly. Do not delay in signing up as we mentioned above NCAA rules state we must accept campers on a first come first serve basis.
- We wear ATHLETIC SHOES ONLY! No cleats inside our hitting facility.
- Extra Hacks clinic is a great way for players of all ages to develop their individual skills to become and elite hitter. Players will be split up by age group and skill level to best accommodate what each individual player needs to improve to reach their fullest potential!
- **Ages: 8-13 (3:30-5:30 Session), 14-18 (6:00-8:00 Session)**
- **Time: 3:30-5:30 for ages 8-13, 6:00-8:00 for ages 14-18**

FUTURE CAMP SESSION DATES – Session # 1: October 1, 8, 15, 22

Session # 2 – October 29, November 5, 12, 19 = \$200

Session # 3 – December 3, 10, 17 = \$150

Session # 4 – January 14, 21, 28 = \$150

Session # 5 – February 4 & 11 = \$100



Sample of Nightly Schedule:

<u>3:15 - 3:30 / 5:45 - 6:00</u>	(15)	REGISTRATION
<u>3:30 - 3:45 / 6:00 - 6:15</u>	(15)	INTROS/STATIONS BREAKDOWN
<u>3:45 - 5:25 / 6:15 - 7:55</u>	(100)	HITTING STATIONS --> 8 x 12 MIN EACH (5 PLAYERS PER GROUP --> 1-2 MIN TRANSITION TIME) 1) TEE STATION --> DRILLS (STEP-BACK, NARROW, REGULAR) 2) DRILL STATION 1 --> (MED BALL TOSS, HOCKEY, MOUND, DOG THROW) 3) FLIPS 1 --> (STEP-BACK, NARROW, 1 HANDED, FUNGO, REGULAR) 4) CB MACHINE 5) MACHINE BP OFF HIT TRAX 6) LIVE BP 7) BUNT STATION 8) MLB VIDEO ANALYSIS
<u>5:25 - 5:30 / 7:55 - 8:00</u>	(5)	RECAP

****Remember, these clinics are limited to only 40 players each session!!****

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For questions, contact Jack Marder at: marder@stanford.edu or 650-725-2054