

Stanford Baseball Holiday Top 80 Camps

****Maximum of 80 Players Each Session****



Stanford Baseball is pleased to announce that we will be holding our Holiday Top 80 camps! These camps will be directed by Stanford Baseball Coaches, Thomas Eager, Tommy Nicholson, and Jack Marder. Some of the current members of the Stanford Baseball team along with invited elite area coaches will be helping with our instruction. These Top 80 camps are open to any and all players, only limited by age (14-18 years old) and total number of players welcome.

1) Elite Top 80 Pitchers 2-Day Camp w/Coach Eager

Time: 1:00 – 5:00 (Saturday) and 9:00 – 12:00 (Sunday)

Dates: Session # 1 = Saturday, December 16 & Sunday, December 17

Session # 2 = Saturday, January 13 & Sunday, January 14 (Tenative – Will NOT be open for registration until Session # 1 is full)

Note: contact us if you can only make Session #2 – We must wait until Session # 1 is full before opening registration for this camp session

****There will be a Q & A Panel at 7:00 PM on Saturday December 16th (All Stanford Coaches will be in attendance)****

2) Cardinal Top 80 2-Day Camp w/Coach Marder & Nicholson

Time: 1:00 – 5:00 (Saturday) and 9:00 – 1:00 (Sunday)

Dates: Session # 1 = Saturday, December 16 & Sunday December 17

Session # 2 = Saturday, January 13 & Sunday, January 14 (Tenative – Will NOT be open for registration until Session # 1 is full)

Note: contact us if you can only make Session #2 – We must wait until Session # 1 is full before opening registration for this camp session

Registration for our Camps: stanfordbaseballcamp.com – you must sign up through our website to be officially registered for camp!! **No Refunds after Thanksgiving**



Here are the logistics to our **Elite Top 80 Pitchers Camp w/Coach Eager:**

- This camp will 2 different sessions:
 - **Session # 1 = Saturday, December 16 & Sunday December 17**
 - **Session # 2 = Saturday, January 13 & Sunday, January 14 (Tenative – Will NOT be open for registration until Session # 1 is full)**
- This camp start at 1:00pm and conclude at 5:00pm (Saturday) and start at 9:00am and conclude at 1:00pm (Sunday). Registration will be open starting at 12:15pm (Friday) and 8:15am (Sunday).
- **Cost is \$500 for the 2-day camp.**
- The techniques being taught will be the pitching philosophy of what we teach to our Stanford Baseball Players and instructed by Stanford Pitching Coach, Thomas Eager.
- There will be 10 stations each day that will run for roughly 20 minutes each station!
- **GEAR:** You will be provided a Stanford Baseball Camp T-shirt and Hat at Check-in (Please make sure you list your Hat/Shirt Size at Registration)
- **TECHNOLOGY:** Spin rate and velocity tracking through Rapsodo and/or Trackman technologies
- **LOCATION:** All sessions will be conducted at our intimate Klein Field at Sunken Diamond. Note: Weather permitting, we have the ability to use our top indoor hitting facility. That facility is covered, has artificial turf, and is lit so not matter what kind of weather conditions exist we can still have camp.
- **WHAT YOU WILL WALK AWAY WITH:** You will receive a complete Throwing Program designed by Coach Thomas Eager, your velocity and spin rates while at camp, and the complete daily pitching routine performed by Stanford Baseball Pitchers. You will also receive individualized instruction at every Pitching Station by our Stanford Camp staff and by Coach Eager during your Bullpen Session (See stations/itinerary below).
- 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 by registering 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.**
- Please bring both cleat and athletic shoes! No cleats inside our hitting facility and on field turf.
- This camp is a once a year event, that will give each player who attends the opportunity to be instructed by our very own Stanford Coaching Staff!
- Please see the itinerary listed below (Subject to change depending on total # of campers):

Elite Top 80 Pitchers 2-Day Camp - December 16/17

<u>12:15 - 1:00</u>	(45)	REGISTRATION
<u>1:00 - 1:15</u>	(15)	INTROS/STATION BREAKDOWN
<u>1:15 - 1:30</u>	(15)	STRETCH
<u>1:30 - 5:00</u>	(210)	10 PITCHING STATIONS - 20 MIN EACH STATION
		1 --> Pen
		2 --> PFP
		3 --> Live DEF
		4 --> Agilities/Weight Train Discussion with Coach Straub (Day 1)/Facilities Tour (Day 2)
		5 --> MLB Video Mechanical Breakdown
		6 --> Mechanical Drills
		7 --> Arm Care/Body Exercises
		8 --> Grips
		9 --> Cords/Bands
		10 --> Pen Prep
		*Group 1 = Will start 10 min early during Intros to be ready for Pen

****Weather – We have an indoor facility that can host up to 80 players per session. If there is inclement weather, we will split December 16th into 2 separate sessions: Pitchers/Catchers @ 1 and INFs/OFs @ 5****

Registration for our Camps: stanfordbaseballcamp.com – you must sign up through our website to be officially registered for camp!! → Camp is limited to only 80 Total Pitchers! **No Refunds after Thanksgiving**



Here are the logistics to our **Cardinal Top 80 Camp w/Coach Marder & Coach Nicholson:**

- This camp will 2 different sessions:
 - **Session # 1 = Saturday, December 16 & Sunday December 17**
 - **Session # 2 = Saturday, January 13 & Sunday, January 14 (Tenative – Will NOT be open for registration until Session # 1 is full)**
- This camp start at 1:00pm and conclude at 5:00pm (Saturday) and start at 9:00am and conclude at 1:00pm (Sunday). Registration will be open starting at 12:15pm (Friday) and 8:15am (Sunday).
- **Cost is \$400 for the 2-day camp and \$500 for a 2-way player (Pitching 1 day/Hitting & Defense 1 day).**
- The techniques being taught will be the hitting philosophy of what we teach to our Stanford Baseball Players and instructed by Stanford Hitting Coach, Tom Nicholson and Jack Marder.
- There will be 7 stations each day that will run for roughly 30 minutes each station!
- **GEAR:** You will be provided a Stanford Baseball Camp T-shirt and Hat at Check-in (Please make sure you list your Hat/Shirt Size at Registration)
- **TECHNOLOGY:** Exit velocity, launch angle, bat speed tracking through Hit Trax and Blast technologies
- **LOCATION:** All sessions will be conducted at our intimate Klein Field at Sunken Diamond and our indoor hitting facility. Note: Weather permitting, we have the ability to use our top indoor hitting facility. 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.
- **WHAT YOU WILL WALK AWAY WITH:** You will receive hitting data information through our top technologies like Hit Trax and Blast to compare your registered results with our camp field and players throughout the country. You will also receive individualized instruction at every Hitting and Defensive Station by our top Stanford Camp staff and Stanford Coaches. You will also walk away with our position player throwing program and Stanford Baseball hitting drills we use with our players.
- 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 by registering 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.**
- Please bring both cleat and athletic shoes! **No cleats inside our hitting facility.**
- This camp is a once a year event, that will give each player who attends the opportunity to be instructed by our very own Stanford Coaching Staff!
- Please see the itinerary listed below (Subject to change depending on total # of campers):

Cardinal Top 80 Hitters 2-Day Camp - December 16/17

<u>12:15 - 1:00</u>	(45)	REGISTRATION
<u>1:00 - 1:15</u>	(15)	INTROS/STATION BREAKDOWN
<u>1:15 - 1:30</u>	(15)	STRETCH
<u>1:30 - 5:00</u>	(210)	7 HITTING STATIONS - 30 MIN EACH STATION > Catchers < 1 --> Bullpens 2 --> Skill Drills --> Block/Receive 3 --> Arm Care/Throwdowns 4 --> Hitting Drills # 1 --> Tee/Toss 5 --> Hitting Drills # 2 --> Overspeed/CB Machine 6 --> Live BP --> Cages (Day 1)/On-Field BP (Day 2) 7 --> Agilities/Weight Train Discussion with Coach Straub (Day 1)/Facilities Tour (Day 2) > INFs/OFs < 1 --> Live Defense --> Fungos (Day 1)/Live off Bat (Day 2) 2 --> Skill Drills 3 --> Arm Care/Position Throws 4 --> Hitting Drills # 1 --> Tee/Toss 5 --> Hitting Drills # 2 --> Overspeed/CB Machine → Hit Trax 6 --> Live BP --> Cages (Day 1)/On-Field BP (Day 2) 7 --> Agilities/Weight Train Discussion with Coach Straub

****Weather – We have an indoor facility that can host up to 80 players per session. If there is inclement weather, we will split December 16th into 2 separate sessions: Pitchers/Catchers @ 1 and INFs/OFs @ 5****

Registration for our Camps: stanfordbaseballcamp.com – you must sign up through our website to be officially registered for camp!! → Camp is limited to only 80 Total Position Players! **No Refunds after Thanksgiving**

