



# 2015 Stanford Baseball ELITE Pitching & Catching Academy Dec 28-29, 2015

WITH GUEST SPEAKER STEPHEN STRASBURG

DIRECTED BY THE **STANFORD BASEBALL COACHING STAFF**  
\*\*\*OPEN TO ANY AND ALL HIGH SCHOOL AGED PLAYERS\*\*\*

## Academy Information

Pitchers and Catchers will be grouped by age, ability and prior experience. Program emphasis will be on individual skills, fundamentals and advanced Pitching/Catching strategy. Pitching areas covered will include Pitchers Fielding Practice, Pick-Off moves, Strength, Conditioning, Flexibility, Arm care, Bullpen Sessions, and much more. Catchers work will include receiving, blocking, footwork, and throwing. Check in and all instruction will be held at Sunken Diamond, here on Stanford Campus. Coach to camper ratio is 1 coach for every 6-8 players. All campers will receive a Stanford Baseball hat and T-Shirt.

\*\*\*\* ON DECEMBER 28th FROM 6:30 PM - 8:30 PM, THERE WILL BE A SPECIAL 2-HOUR Q&A SESSION WITH STANFORD BASEBALL PITCHING COACH RUSTY FILTER, **GUEST SPEAKER AND WASHINGTON NATIONAL STEPHEN STRASBURG**. THE DISCUSSION WILL COVER ALL ASPECTS OF PITCHING. FOLLOWING THE DISCUSSION, COACH FILTER AND STEPHEN WILL FIELD QUESTIONS FROM BOTH CAMPERS AND PARENTS\*\*\*\*

**EQUIPMENT:** Campers must provide their own glove, shoes and suitable baseball attire. Catchers will need to bring their own Catchers Gear. **PLEASE REMEMBER TO ALSO BRING A JACKET!**

**REGISTRATION:** There will be a limit to the number of campers in each session. In the past, our camps have filled to capacity very quickly, so if you would like to be assured of a spot, please return your application at the earliest possible date. For further information call (650)723-4528 during business hours, 9am-4pm.

**DO NOT MAKE ANY FLIGHT, TRAVEL, or HOTEL ARRANGEMENTS  
UNTIL YOU HAVE RECEIVED CONFIRMATION THAT YOU HAVE BEEN ACCEPTED INTO THE CAMP!**  
**SIGN UP AT [STANFORDBASEBALLCAMP.com](http://STANFORDBASEBALLCAMP.com)**

QUESTIONS?, EMAIL COACH FILTER ([rfilter@stanford.edu](mailto:rfilter@stanford.edu)) with your name and phone number.

\*YOU WILL RECEIVE CONFIRMATION OF REGISTRATION VIA E-MAIL\* \*No Refunds after DEC 1, 2015\*