



## 2017 UBC Baseball National Baseball Camps

The University of British Columbia baseball staff will be running a 1-day baseball clinic in your area. Players will learn from an internationally recognized baseball staff that has experience at every level of the game. Players will engage in a full day of instructional drills that promote learning in a fun environment.

In addition to on-field baseball activities the day will end with a parents and players information session. This session will include topics such as: what it takes to get to the next level, the importance of academics while you pursue your dream, a general outlook into what its like to be a college athlete, and much more.

The session will conclude with a Q + A sessions with the coaches.

**Ages 13 - 16**

**Maximum of 60 participants per camp**

### SKILLS COVERED

#### Offense

- core mechanical components to repeating your best swing
- learn about individualized approach techniques
- drills that promote athletic movements

#### Infield

- proper fundamentals to help execute the routine play
- understanding the speed of the game and how to slow the game down
- proper throwing techniques

#### Outfield

- initial footwork needed to get good jumps
- proper technique when catching fly balls and fielding ground balls
- advanced communication techniques

#### Pitching

- core foundation mechanics that help repeat your delivery
- proper pitch grips
- how to control the tempo of the game

#### Base Running

- proper primary and secondary lead offs and how they relate to each base
- advanced stealing techniques
- how to become an aggressive, but intelligent base runner

### LOCATIONS

#### Saskatoon - Tuesday, August 8th

Cairns Field  
1202-1244 Avenue P S  
Saskatoon, SK S7M 2T7

#### Winnipeg - Thursday, August 10th

Corey Koskie Field  
480 Chalmers Avenue  
Winnipeg, MB, R2L0G5

#### Toronto - Saturday, August 12th

Ajax Sportsplex  
2001 Audley Rd,  
Ajax, ON L1Z 1B6

#### Calgary - Monday, August 14th

Optimist Athletic Park  
5020 26 Ave SW,  
Calgary, AB T3E 0R4

#### Edmonton - Wednesday, August 16th

Telus Field  
10233 96 Ave NW  
Edmonton, AB T5K 0A5

**TIME:** 8:00am - 4:00pm

**COST:** \$130.00

**REGISTER TODAY AT [UBCBASEBALL.COM](http://UBCBASEBALL.COM)**

### PARENTS + PLAYERS INFORMATION SESSION

After the on-field activities conclude the UBC coaching staff will be hosting a parents and players information session. This session will be used to help educate families on the overall process of a post-secondary baseball education, what it takes to become a student athlete, and the steps they should be taking now in preparation. At the end, players and parents will be free to engage the coaches in a Q and A session.

### COACHES:

#### SHAWN BOWMAN



- Drafted in the 12th round of the 2002 MLB Draft by the New York Mets
- Played 10 years professionally with the New York Mets, Toronto Blue Jays, Atlanta Braves, and Miami Marlins
- Member of the Canadian Senior National Team from 2009-2012
- Assistant Coach of the Canadian Junior National Team (2014-present)
- Assistant Coach of the UBC Varsity team (2015-present)

#### WAYNE CORNESS



- Played in the Minor League System with the Houston Astros and Seattle Mariners
- Assistant Coach of the Canadian Collegiate National Team in 2009
- Assistant Coach with the UBC Varsity Thunderbirds (2009-present)
- Head Pitching Coach for the UBC Varsity Thunderbirds

#### SAMMIE STARR



- Drafted in the 34th round of the 2010 MLB Draft by the Baltimore Orioles
- Played 5 years in the Baltimore Orioles Minor League System (A, AA, and AAA)
- Assistant Coach of the UBC Varsity Thunderbirds and Coach of the Junior PBL UBC Thunder
- Coached for 2 seasons in the Baltimore Orioles Minor League System

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