BEN BERG BASEBALL ACADEMY

HIGH SCHOOL BASEBALL HITTING & PITCHING CAMPS

Camp Dates & Times:

- Hitting – Nov. 30th – Feb. 20th
  - Monday & Thursday from 5:30-6:30pm
  - Tuesday & Friday from 5:30-6:30pm
- Pitching – Nov. 30th – Feb. 20th
  - Monday & Thursday from 5:30-6:30pm
  - Tuesday & Friday from 5:30-6:30pm

Hitting Details:

- **High School:** Video Analysis of Swing mechanics, individualized hitting plans that target necessary improvements for their swing, plus a bat speed training program. As the camp nears its end, gears will shift from technical work to game-like practice vs machine or live arms.

Pitching Details:

- **High School:** Video Analysis of Pitching mechanics, an individualized throwing plan that targets mechanical improvements to reduce the changes of injury and promote velocity and endurance. Pre and Post Throw Arm Care Routine to increase velocity and endurance, which includes a weighted ball velocity program if physical requirements are met. As the camp nears it's end, pitchers will spend more time on the mound and take necessary preparations to be ready for the spring season. Examples include a stand in bullpens and live at bats vs batters.

Cost:

- High School: $450 for either camp, $850 for both, Either camp + Lifting = $700, Both camps + Lifting = $1,000.

The camp is located at the Ben Berg Baseball Academy and is coached by Coach Logan Krivoruchka and Coach Cole Thompson.

Scholarships are available! Email logan.krivoruchka@sanfordhealth.org for more details!