BEN BERG BASEBALL ACADEMY

BASEBALL HITTING & PITCHING CAMPS

Camp Dates & Times:

- Middle School:
  - Hitting – Oct 26th – Dec 18th
    - Option A: Monday & Thursday from 4:30-5:30pm OR 6:30-7:30pm.
    - Option B: Tuesday & Friday from 4:30-5:30pm OR 6:30-7:30pm.
  - Pitching – Oct 26th – Dec 18th
    - Monday & Thursday from 4:30-5:30pm OR 6:30-7:30pm.
    - Tuesday & Friday from 4:30-5:30pm OR 6:30-7:30pm.
- Elementary School: Pitching and hitting included for each option!
  - Option A: Oct 26th – Dec 17th Monday & Wednesday from 3:30-4:30pm.
  - Option B: Oct 27th – Dec 18th Tuesday & Thursday from 3:30 - 4:30pm.

Hitting Details:

- Middle School: Video Analysis of swing mechanics, individualized hitting plans that target necessary improvements for their swing, plus a bat speed training program
- Elementary School: Video Analysis of swing mechanics individualized hitting plans that target necessary improvements for their swing.

Pitching Details:

- Middle & Elementary 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.

Cost:

- Middle School: $300 for either camp, $500 for both, $450 for either camp + Lifting, Both camps + Lifting = $750.
- Elementary School: $300 for camp, $450 for camp + performance

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!**

Call the Sanford Sports front desk at 701-323-1125, visit sanfordsports.com or scan the QR code below!