

BEN BERG BASEBALL ACADEMY

SUMMER BASEBALL PITCHING CAMP

JUNE 2ND – JULY 28TH

EVERY TUESDAY, STARTING JUNE 2ND:

- 9-10u: 9:00 – 10:00am
- 11-12u: 10:00-11:00am
- 13-15u: 11:00-12:00pm
- 16-18u: 2:00pm – 3:00pm

Cost: Pitching only - \$300, Hitting and Pitching: \$500

Pitching Camp Details:

- Movement screening
- Video Analysis of Throwing and Pitching Mechanics
- Individualized Throwing and Pitching Improvement Plan
- Will include proper pre-throw and post-throw arm care routine.

Post Outcomes

The pitcher's throwing mechanics will improve to reduce the chances of injury, decrease shoulder and elbow pain while throwing, and improve endurance and velocity.

Register at sanfordsports.com/locations/bismarck or call (701) 323-1125

Training is at the Ben Berg Baseball Academy with Coach Logan Krivoruchka.