



Bonivital Baseball is proud to offer its inaugural age specific off-season pitching development camp.

What: Bonivital Baseball has developed a series of pitching progressions that are intended to form a foundation and provide confidence for first time pitchers, and to introduce age appropriate skills for experienced pitchers. Bonivital Baseball has partnered with Home Run Sports Training Center who will provide the professional instruction.

Where: Dakota Community Center Gymnasium
1188 Dakota St. Winnipeg

Who: The camp is offered to Bonivital athletes born between **2007** and **2010**. Maximum 12 athletes per session.

Cost: \$150.00 (payment will be collected on the first day of camp – check or cash)

When: 10 sessions. Friday and Sunday evenings.
January 10, 19, 24. February 2, 7, 14, 23. March 6, 15, 22.

11U –First year (2010): 6:00pm – 6:45pm
(9 years old, will not turn 11 prior to December 31, 2020)

11U – Second year (2009): 6:45pm – 7:30pm
(10 years old, will not turn 12 prior to December 31, 2020)

13U – First year (2008): 7:30pm – 8:15pm
(11 years old, will not turn 13 prior to December 31, 2020)

13U – Second year (2007): 8:15pm – 9:00pm
(12 years old, will not turn 14 prior to December 31, 2020)

The Objectives of the camp is to provide a solid understanding of quality baseball pitching mechanics and how the body works to help maximize performance and minimize the risk of arm problems.

Minor Mosquito Goals: Introduce pitching in a way that eliminates excess movement. Develop proper throwing mechanics, leg lift and balance.

Major Mosquito Goals: To simplify the delivery mechanics into a sequence that kids and their parents can quickly understand and repeat on their own. Continue to develop proper throwing mechanics, and locate fastball to both sides of the plate.

Minor Peewee Goals: Provide repetition until mechanics become repeatable and efficient. Start the process of learning a change-up and holding runners on first base.

Major Peewee Goals: Work with the lower half to develop effective stride as path to increase velocity. Introduction of pitch sequence and curveball.

To register: <http://bonivitalblacksox.rampregistrations.com/>

Please click on or follow the above link to register. If you already have a RAMP account please log in and register, if you do not please create one and register. Please ensure you register in the appropriate age camp, the program will not allow you to register outside your age group.

Also this camp is a first come first serve and once it's full the registration will close.

Bonivital Player Development – Andrew Halpenny