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FALL BASEBALL SHOWCASE CAMP

Saturday, October 1, 2011

Registration Fee \$75

This 1 day camp will provide high school age athletes with elite instruction from the Penn State Abington Baseball coaching staff and an opportunity to showcase your skills for one of the area's fastest growing programs. The 2011 NEAC Regular Season CHAMPIONS have made postseason play in each of the past 3 years under Coach Joe Pavlow. The past 3 seasons, 18 Lions have been recognized with post-season honors including 2010 NEAC Pitcher of the Year Dan Hill.

Registration is open to high school freshman (2015 grad year) through seniors (2012 grad year). Camp is limited to 20 players, so act fast.

<p>Schedule*: 12:00 Registration 12:30 Introductions 12:40 Dynamic Warm-up 1:00 Run 60 yard dash 1:15 Throwing Talk 1:30 Throwing program 1:50 Pro-style defensive workout 2:30 Hitting Discussion 2:35 Live Hitting (Each pitcher will face 5 hitters) 5:00 Camp Ends</p> <p>* Schedule is subject to change</p>	<p>Players are asked to bring the following: -Glove -Cleats -Catchers bring own equipment -Baseball Hat -Baseball Pants -Sunscreen -Water Bottle</p> <p>A limited number of bats and helmets will be provided however, players are encouraged to bring their own.</p>
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Email Coach Pavlow: psuabingtonbaseballcamps@yahoo.com for more information and to register.