

Sean Davis Mid-Maryland Prospect Baseball & Softball Camps

Baseball Camp - Ages 8-14

This camp is geared towards baseball players of different ages and skill levels. The staff is comprised of local public and private school coaches who played and/or coached at the college level. We will also have current College and High School players assisting.

Each day following a coach-led dynamic warm up and throwing program the campers will participate in a variety of drill work related to Outfield and Infield fundamentals, Hitting/Offensive Approach and Pitching. The coaches and counselors at each station will differentiate the drills to adhere to different ages and skill levels. Throughout the morning the campers will also participate in competitions and contests related to the various instructional stations.

At the end of each day the campers will be put into game situations with campers their age. Games can range from a coach pitch-controlled scrimmage to a live game. The number of fields and counselors we have will allow us to put each player in a situation where they will thrive.

It is our goal to create an atmosphere that cultivates Learning, Competitiveness and Fun!!!

Cost: \$375

Sessions:

7/8 – 7/12 (9am-3pm) at OBGC Park

Baseball Prospect Camp - Ages 10 & up, plus travel players

The Prospect Camp is geared towards the middle-school aged player who aspires to play at the high school level and beyond. The staff is comprised of local public and private school coaches who played and/or coached at the college level. We will also have current college and high school players assisting.

The campers will be challenged to develop all phases of the game with a daily emphasis on their primary position(s). Each day following a coach led dynamic warm up, each player will spend the first part of camp working on position specific fundamentals at their primary position. The remainder of the morning campers will be put through a variety of drill work related to Outfield and Infield fundamentals, Hitting/Offensive Approach and Pitching.

Throughout the day we will also be focusing on higher level baseball concepts such as team defense (Bunt Defense, 1st and 3rds, OF/INF Communication), double cuts/cuts and relay dynamics, base running (steal breaks, delays, 1st and 3rds) and Pick Off's/Pitchers Fielding Practice (PFP's).

Campers will also be receiving objective feedback on daily basis. Throughout the week we will be measuring the following:

Exit Velocity

Catchers Pop Time

INF Glove to Glove Time

60 Times INF Velocity OF Velocity
Bullpen Velocity Biomechanical Screening Using K-Vest (Prospect Camp Only)

The data we compile will be compared by age group and top 5 in each category and age group will be shared on social media daily.

It is our goal to create an atmosphere that cultivates Learning, Competitiveness and Fun!!!

Cost: \$400

Session:

6/24 – 6/28 (9am-3pm) at OBGC Park

Mid Maryland Softball Camp - Ages 8-14

Coach Barber and Coach Davis are pleased to announce the 3rd annual Mid Maryland Softball Camp. The camp will be geared towards players of various ages and skill levels. The camp will be directed by the Varsity Softball & Baseball coaching staffs from Sherwood High School. The camp staff will consist of current and former college softball players as well as travel softball coaches from the area.

Daily Schedule:

Each morning, after a dynamic warm up and throwing program, the campers will go through various instructional stations. The stations will be focused on hitting, pitching, catching, base running and outfield/infield defensive fundamentals. The coaches and counselors at each station will differentiate the drills to adhere to different ages and skill levels.

Following lunch, the campers will be put into game situations with campers their age/skill level. Games can range from a coach pitch-controlled scrimmage to a live game. The number of fields and counselors we have will allow us to put each player in a situation where she will thrive.

It is our goal to provide meaningful instruction that can range from creating an understanding of the game of a beginner level player, to polishing a travel level, middle school player and preparing them for high school and beyond!!

Extra Pitching Instruction:

Campers will have the opportunity to opt into additional pitching and catching instruction on Tuesday and Thursday afternoons. Camp staff will conduct additional sessions from 3:00-4:00. We will be focusing on higher level concepts that are not covered in the daily pitching and catching stations.

Cost: \$375 (additional pitching \$425)

Session:

7/22 – 7/26 (9am-3pm) at OBGC Park