

COACHES BIO

Shannon Dobson

Head Coach, Broken Arrow High School. Former Head Coach, Memorial High School; Assistant Head Coach, Oral Roberts University; Assistant Coach, Seminole Junior College.

Coach Dobson graduated from Union High School. He played baseball at Seminole Junior College and the University of Oklahoma.

James Ashley

Assistant Coach, Broken Arrow High School. Played at Northwestern Oklahoma State University. Three year assistant coach at Memorial High School. 2007 6A Assistant Baseball Coach of the Year.

John Martin

Assistant Coach, Broken Arrow High School. Coaching experience has included Head Coach at Memorial High School for two years, assistant coach at Memorial High School for thirteen years, and coached football, wrestling, and baseball at Norman Public Schools during the 80's.

Doug Nold

Assistant Coach for seven years at Broken Arrow High School and 5 years Head JV coach. Has also coach varsity football at BAHS. 2008 6A Assistant Baseball Coach of the Year

PURPOSE

This is a four week sport specific training camp for baseball players.

MISSION

To offer a program that is designed to prepare the entire body for the demands placed on it by the game of baseball.

PRIMARY OBJECTIVES

Performance Enhancement
Injury Prevention

WHAT TO BRING

Players should wear t-shirts and shorts and bring gloves, cleats, and tennis shoes

LOCATION

Broken Arrow High School Baseball Field

DATES

June 1 – June 23, 2009
Monday - Thursday

TIMES

8:00 - 9:10 am	Grades 9th - 12th
9:00 - 10:10 am	Grades 7 th - 8th
10:00 - 11:10 am	Grades 1 st – 6 th

* PLAYERS GRADE AND TIME SLOT WILL BE DETERMINED ON CURRENT SCHOOL YEAR JUST COMPLETED.



B . A . T . S .



B . ASEBALL

A . THLETIC


T . RAINING


S . KILLS


CAMP


*June 1 – June 23,
2009*


EMPHASIS OF THE CAMP

 **Core Strength** - helps players generate more force when they throw and swing. By training the core, baseball players can learn to develop more arm and bat speed without ever picking up a ball or bat.


 **Balance & Body Control** - baseball demands athletes to possess great balance and body control whether batting, fielding or throwing.

 **Foot Quickness** - the minute a player makes the decision to move, the first part of their body that will be put into motion is the feet. In order to get out of the batters box or field a ball, the feet must be first in motion.


 **Lateral Speed** - many phases of baseball require explosive lateral movements instead of straight ahead speed. Learn how to generate explosive lateral push to make big plays.


 **Acceleration** - this is a key component of the success of a baseball player. Acceleration is used when running the bases or fielding a ball.



 **Change of Direction** - players must possess blazing straight away speed, but what happens when a player hits a double? He must

make a 90 degree turn to second! COD plays a definite role in base running and fielding, and is an important component to their training.

 **Flexibility & Warm up** - this is a skill similar to core strength in that it compounds the return a player receives for the training they invest in areas like lateral speed and acceleration. Because each of those skills requires significant range of motion, gaining flexibility will increase the players potential for gains in each area. Another key element of gaining flexibility is that it decreases the potential for injury.

 **Arm Strength** - improved arm strength for a pitcher or position player improves the performance of the player. Specific strength training, flexibility and proper mechanics all play key roles in the development of the throwing arm.

 **Fundamental Drills and Skills**
Presented daily



REGISTRATION

Name _____

Address _____

Phone _____

Grade Spring 2009 _____

Shirt size: Adult - S M L XL

Youth - XS S M L XL

Cost: \$115.00 if registered by 5/29/09
\$125.00 late registration

* Makes checks payable to: B.A.T.S.

Questions?

Call the Broken Arrow Athletic Office at
259-4520

PLEASE RETURN REGISTRATION FORM:

Parent Release: I hereby release the directors and all associated with the camp from any claim of injury sustained while attending camp.
Signature: _____

Shannon Dobson
Broken Arrow High School
Athletic Department
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