

# Camp Staff



Penn State University



Indiana University of Penn.



University of Pittsburgh



California University of PA



University of Cincinnati



University of Virginia



Washington & Jefferson

All Star Baseball Academy  
52 Penn Oaks Drive  
West Chester, PA 19382

# ALL STAR BASEBALL ACADEMY'S

2010 Western PA  
College Coaches Camp



Saturday November 20, 2010  
White Township Athletic Complex  
Indiana, Pennsylvania  
Hosted By  
All Star Baseball Academy  
52 Penn Oaks Drive  
West Chester, PA 19382  
610-399-9356 Phone  
610-399-8553

# Registration

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_

Primary Position \_\_\_\_\_

Secondary Pos \_\_\_\_\_

Bats R L S

Throws R L

SAT \_\_\_\_\_ GPA \_\_\_\_\_

Grad Yr. \_\_\_\_\_ Shirt Size S M L XL 2X

School \_\_\_\_\_

Coach \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Summer Team \_\_\_\_\_

Fall Team \_\_\_\_\_

Circle Session 1                  Session 2

# Camp Information

## Western PA College Coaches Camp Information

### Camp Overview

The 2010 Western PA College Coaches Camp is designed for the committed high school baseball player. The emphasis of the camp will be to develop individual skills through instruction. All instruction will be done by our great staff of college coaches and ASBA instructors. All Aspects of baseball will be covered and available for each participant. Players can choose a specific skill to work on in the first half of the session. Hitting will be the main focus in the second half from live batting practice, cage work, bunting and small group mechanical seminars.

### Cost: \$175.00 per session

All personal checks should be made out to ASBA . We also accept Visa, Master Card. Please be sure to return the registration form with payment to the address on the cover of this invitation. For your convenience we can accept registration and credit card payments over the phone. **A confirmation email will be sent to you with our refund policy and medical waiver after we have received your registration and payment.**

### Lodging Information

For all participants and families traveling from outside the area, we have provided two hotels to choose from. The hotels listed below are within 15 minutes of White Township Athletic Complex.

**Hampton Inn            724-349-7700**

**Comfort Inn            724-465-7000**

### From Pittsburgh/Greensburg:

Route 22 to Indiana Exit (Route 119 North). Follow 119 North past Homer City. Take the Indiana/Clymer exit (route 286). Follow exit ramp to traffic light. Turn left at traffic light onto East Pike. Rink is ½ mile on the left.

### From Ebensburg (East):

Follow Route 422 West into Indiana. Take Route 119 North Exit. Take Indiana/Clymer Exit (Route 286). Follow Exit ramp to Traffic light. Turn left at Traffic light onto East Pike. Rink is ½ mile on the left.

### From Philadelphia / (East)

76 West to exit 146 (rt. 220). Turn left onto Business 220/US 220. Take exit 28 to merge onto rt. 22 W toward Hollidaysburg/Ebensburg. Take the exit towards Loretto. Turn slight left onto US 422 to Sixth Street/PA 954 exit. Turn right at S 6th street /Pa 954. Turn right at PA 286/Phila St. Turn right on E. Pike Road.

**Address of White Township Athletic Complex:  
Please use this address for your GPS systems**

**White Township Athletic Complex  
497 East Pike Road  
Indiana, PA 15701**

# Camp Itinerary

## Western PA College Coaches Camp Itinerary

**Saturday November 20, 2010**

### Session 1- Pitchers & Catchers

#### 9:00am-1:00pm

Registration	8:15 a.m.
Stretch & Warm Up	8:45 a.m.
40 yd. Dash	9:00 a.m.
Pitching & Catching Drills	9:30 a.m.
Break	11:15 a.m.
Offensive Rotations	11:25 a.m.
Camp Ends	1:00 p.m.

### Session 2– Position Players

#### 1:30pm -5:30 pm

Registration	12:45 p.m.
Stretch & Warm Up	1:15 p.m.
40 yd. Dash	1:30 p.m.
Defensive Rotations	2:00 p.m.
Outfielders & Infielders	
Break	3:15 p.m.
Offensive Rotations	3:30 p.m.
Camp Ends	5:30 p.m.

**Please be sure to bring all appropriate and necessary baseball equipment. We highly recommend wearing baseball pants, belt, socks and hat to the Western PA College Coaches Camp.**