

# Western PA College Coaches Camp Staff

Dan Lopaze  
Asst Coach

University of Pittsburgh  
Catching/Hitting

Greg Mamula  
Asst. Coach

University of Cincinnati  
Infielding / Hitting

Eric Folmor  
Recruiting Coord.

Penn State University  
Hitting / Infielding

Kenny Smith  
Recruiting Coord.

UNC Asheville  
Pitching / Hitting

John Sheehan  
Head Coach

Millersville University  
Catching/Hitting

Mike Conte  
Head Coach

Calif U of Pennsylvania  
Hitting/Outfielding

Jeff Ditch  
Head Coach

Ind U of Pennsylvania  
Pitching

Matt Jones  
Head Coach

Shippensburg Univ.  
Pitching/Hitting

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

# Western Pennsylvania College Coaches Camp



**Tuesday June 29th &  
Wednesday June 30th, 2010**

Hosted by  
The All Star Baseball Academy  
52 Penn Oaks Drive  
West Chester, PA 19382  
610-399-8050 Phone  
610-399-8553 Fax

## Western PA College Coaches Camp Itinerary

### Day 1—Tuesday June 29, 2010

Registration 8:45 a.m.  
Introductions 9:00 a.m.  
Stretch & Warm Up 9:15 a.m.  
Throwing Program 9:45 a.m.  
Specialized Rotations 10:30 a.m.

#### Pitchers

#### Catchers

#### Infielders

#### Outfielders

Lunch 11:45 a.m.  
Hitting Rotations 12:15 p.m.  
Camp Ends 3:00 p.m.

### Day 2- Wednesday June 30, 2010

Registration 8:45 a.m.  
Introductions 9:00 a.m.  
Stretch & Warm Up 9:15 a.m.  
Throwing Program 9:45 a.m.  
Specialized Rotations 10:30 a.m.

#### Pitchers

#### Catchers

#### Infielders

#### Outfielders

Lunch 11:45 a.m.  
Hitting Rotations 12:15 p.m.  
Camp Ends 3:00 p.m.

### 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

**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**

**Please be sure to bring all appropriate and necessary  
baseball equipment. We highly recommend wearing  
baseball pants, belt, socks and hat.**

## Western PA College Coaches Camp Information

The 2010 Western PA College Coaches Camp is designed for the committed baseball player ages 13-18. 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. All Aspects of baseball will be covered and available for each participant. Players can choose a specific skill to work on in the morning sessions and use that skill in the afternoon. Hitting will be the main focus in the afternoon with everything from live batting practice, cage work, bunting and small group mechanical seminars.

### Cost: \$250.00 per participant

All personal checks should be made out to ASBA . We also accept Visa or Master Card. Please be sure to return the registration form with payment to the address below. For your convenience we can accept registration and credit card payments over the phone or via our website.

### ASBA Contact Information:

52 Penn Oaks Drive West Chester, PA 19382  
Phone# 610-399-8050 Fax # 610-399-8553  
website: [www.allstarbaseballacademy.com](http://www.allstarbaseballacademy.com)

### Directions to the White Township Recreation Complex

#### 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 Kittanning/Butler:

Follow Route 28 North to Route 422 East in Kittanning. Follow Route 422 East to Indiana. Take Philadelphia Street exit. Follow Philadelphia Street (main Street in Indiana) to the end of town.  
At end of town, Bear right onto East Pike Road. 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 Johnstown:

Take Route 403 to Route 22. Turn left on Route 22. Follow Route 22 for 1 mile. Take exit to Indiana (route 56). Take route 56 to 6th street extension (3 miles outside Brush Valley, turn Right at bottom of hill at Budner's Restaurant). Follow 6th Street Extension to Philadelphia Street (main street in Indiana). Turn Right onto Philadelphia Street and follow to end of town. At end of town, Bear Right onto East Pike. Rink is ½ mile on the left.

#### From Punxsutawney:

Take Route 119 South to 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.

## Western PA College Coaches Camp

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

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

Bats R L S

Throws R L

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

Grad Yr. \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_

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

Parents \_\_\_\_\_

**In the event of inclement weather the 2010  
Western Pennsylvania College Coaches Camp the  
event will be moved indoors to the White Township  
Athletic Building. The Indoor building is on the  
same site as the outdoor complex.**