



2009 New Jersey Pitching Association Elite Pitching Camp

The New Jersey Pitching Association in conjunction with Biopitch, New Jersey's leader in science based pitching instruction, will be conducting a one of a kind, 4 day Elite Pitching Camp for pitchers ages 14 and up.

This clinic is intended for the serious pitcher who is looking to bring his game to the next level by increasing his functional fitness and flexibility, learning effective and efficient throwing mechanics, understanding proper dietary habits, mastering the strategy of the game, and utilizing technology/science to enhance their careers by incorporating preventative arm care training methods.

Camp Highlights Include

- Full shoulder examination and gait analysis by a licensed Physical Therapist
- 2 videotaped bullpen sessions captured on high speed camera (3000 frames per second!), one on the 1st day and one on the final day for comparative review by BioKinetics of New Jersey
- A written evaluation of their bullpen sessions by an advisory staff member with an individual prescription plan addressing each pitcher's areas of concern
- A hardcopy of each captured bullpen session on dvd
- Guest speakers **Phil Cundari-Seton Hall Univ.** *"College Recruiting and How to Attract the Attention of College Coaches"* **Steve Markovich-NY Yankees** *"What Scouts are Looking For in a Pitcher, and the Major League Grading System"*
- Biomechanical drills for skill mastery
- Flat ground and mound throwing protocols
- Hip/shoulder separation and its relevance to velocity
- Dispelling conventional wisdoms about pitching
- Different pitches and how to safely throw them
- Controlling the running game and PFP
- Nutritional education and the recovery cycle

When: August 3rd through August 6th

Time: 6:00 pm to 9 pm

Where: 3-2Count Athletic Training Facility, Freehold, NJ

Price: \$249.00

CALL (908) 278-3666 for more information or go to

www.newjerseypitching.com