

Lake Central Indians 2018 Hitting/Driveline Throwing Camp (Grades 5, 6, 7, 8)

1-hour each session dedicated to the Driveline Throwing Program

This portion of the camp will be run by NWI Sports Performance staff in conjunction with the Lake Central High School baseball program. They will introduce the highly-popular Driveline weighted ball and throwing program to teach proper execution of the different throwing exercises and progressions of the program.

There will be a special emphasis placed on education; specifically understanding the philosophy and principles behind the methods of the program as well as how to administer this program and modify it to individual athletes' needs of all skill levels to best ensure safe and healthy implementation of the program. There will be time for parent/coach Q&A with NWI Sports Performance after each day.

1-hour each session dedicated to Lake Central Hitting Philosophies and Techniques

The camp will provide designed instruction to improve hitting fundamentals with an emphasis on both a sound mental approach and proper technique. The same fundamentals and principles taught at the high school level will be introduced to all of those attending.

30-minutes each session dedicated to Parent Q&A session and tour of LC Athletic facilities

The camp wants to give the instructional staff and parents an opportunity following each session to have a question and answer period regarding anything that might have been introduced at the camp. There will be a lot of things introduced over the three sessions and we want all those in attendance to feel comfortable in their understanding of the Driveline program as well as Lake Central hitting philosophies and techniques. The Lake Central baseball staff also will be leading a guided tour of the athletic and baseball facilities for those in attendance in an attempt to familiarize everyone with the outstanding facilities Lake Central High School has to offer.

THE CAMP WILL RUN THE FOLLOWING DAYS AND TIMES:

(LIMIT - 60 TOTAL PARTICIPANTS)

(30 TOTAL 5TH/6TH GRADERS AND 30 TOTAL 7TH/8TH GRADERS)

***IT IS SUGGESTED TO GET YOUR REGISTRATION IN AS SOON AS POSSIBLE TO ENSURE YOUR SPOT AT THE CAMP.**

Saturday, February 24 10 A.M. to 12:30 P.M.

Saturday, March 3 10 A.M. to 12:30 P.M.

Saturday, March 10 10 A.M. to 12:30 P.M.

WHERE: Lake Central High School Field House (**ENTER DOOR C FOR EACH SESSION**)

EQUIPMENT NEEDED: tennis shoes, glove, bat, and batting helmet

COST: \$150 per person (only \$100 for each additional family member)

Sign-up online (\$5 processing fee) at www.lakecentralcamps.com

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***NO walk-up registration accepted**

DEADLINE TO REGISTER ONLINE: Friday, February 23