

NCMC Baseball Announces Winter Camp Dates

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Sports

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The North Central Missouri College in Trenton will hold winter baseball camps on December 27, 28, and 30. These camps are designed for youth interested in learning more about the game of baseball and will be held inside the Russ Derry Practice Facility adjacent to the Ketcham Community Center on the NCMC campus.



Session I (ages 13-up only) is an advanced session for catchers. It will be Friday, December 27 from 6 till 9 p.m. Campers will participate in drill sessions and work the mechanics of blocking, receiving and throwing. Topics of discussion will also include the role of the catcher specific to game situations, calling pitches, and handling pitching staff.

Camps will resume on Saturday, December 28 with a morning session for pitching (Session II) and an afternoon session for hitting (Session III). Both are for youth ages 13 and up. Session II will be 9 a.m. till noon and is an advanced session offering a breakdown of pitching mechanics. Included will be information on how to prepare to pitch, proper arm care, conditioning, and approach and situational pitching. Campers will throw during the session. Session III (1 p.m. till 4 p.m.) is about hitting and is the only offensive session that will be offered to older athletes. Swing mechanics will be reviewed and campers will learn drills and hear information on hitting approach, situational hitting, terminology and comparisons of a variety of hitting philosophies.

Monday, December 30 is a youth session for athletes aged 7 - 13. It will be geared towards baseball fundamentals: hitting, fielding, pitching, base running, and sportsmanship. This youth camp will be 9 a.m. till 3 p.m.

The individual cost for Sessions I, II, and III is \$50 per camper (or two sessions for \$80 per camper or all three sessions for \$110 per camper). No meals will be provided in these sessions. Cost for the youth camp on Monday is \$40 per camper and lunch will be provided. Sibling discounts are available for all sessions.

For more information on the camps, please visit the NCMC Baseball page at <http://www.ncmissouri.edu/programs/athletics/baseball/default.htm> and click on youth camp schedules and follow the linked dates. Coach Donnie Hillerman can also be reached for questions at 660-359-3948 x1412 or dhillerman@mail.ncmissouri.edu.