

## Saints Baseball WINTER Camps

Youth Instructional Camp (Sat, 1/20)  
High School Prospect Skills Camp (Sat, 2/3)

- Youth Instructional Camp \_\_\_\_\_ x \$50.00 \_\_\_\_\_
- HS Prospect Skills Camp
- Two-Way Players \_\_\_\_\_ x \$120.00 \_\_\_\_\_
- Pitcher Only Players \_\_\_\_\_ x \$ 80.00 \_\_\_\_\_
- Position Players \_\_\_\_\_ x \$ 80.00 \_\_\_\_\_
- \$10 discount for each sibling at camp \_\_\_\_\_
- \$10 group discount/player (6+ in group) \_\_\_\_\_
- Saints Baseball Camp Total** \_\_\_\_\_

\_\_\_\_\_  
Camper(s) Name(s)

\_\_\_\_\_  
Emergency Phone and Contact Person

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Camper(s) Age(s)                      Camper(s) Grade(s)

\_\_\_\_\_  
High School (if applicable)

\_\_\_\_\_  
Medical Insurance Company

\_\_\_\_\_  
Policy Number

*I hereby authorize a representative of Siena College baseball to take my child to a physician or hospital should the need arise. This also assures Siena College, that my child is in good physical condition, and in good health, and my child can participate in all of the showcase activities. I also release the Siena Athletic Department, the Baseball Coaching Staff, and participating coaches/employees from all rights and claims for damages, loss of property or person, or injuries that may be sustained during any involvement with the Camp Activities.*

\_\_\_\_\_  
Signature

Checks written to:  
Saints Baseball Enterprises  
515 Loudon Road  
Loudonville, NY 12211

**SAINTS BASEBALL CAMPS**  
**ATTN: DAVID YAMANE**  
**515 LOUDON ROAD**  
**LOUDONVILLE, NY 12211**



**Saints Winter  
Baseball Camps**  
Youth Camp, Grades 1<sup>st</sup>-8<sup>th</sup>  
HS Prospect Camp, Grades 9<sup>th</sup>-12<sup>th</sup>

***Learn to play  
baseball the***



***way!***

For additional Information, please contact:  
**David Yamane, Assistant Baseball Coach**  
Phone: 949.922.0800c, 518.782.6875b  
Email: DYamane@siena.edu

### Youth Instructional Camp Description

The Saints Baseball Camps are a great way to get a head start on your baseball training. Camp will be Sat, 1/20.

We will cover the basics in all aspects of play; fielding, throwing, pitching, hitting, and base running. Campers will learn mental, physical, and mechanical techniques to improve their game and how to work on these skills when they practice on their own. This is a great time to get repetitions in before the first spring practice with college coaches and players present. There will be approximately an 8-10 camper to coach ratio.

Private lessons and group lessons are available for grades 8 and younger.

### Youth Instructional Camp Itinerary

12:30p-1:00p Sign In/Registration  
1:00p-1:10p Coaches Introduction  
1:10p-1:25p Stretching/Warm Ups  
1:25p-1:40p Break into Groups by Grade  
1:40p-2:15p Rotation 1 (e.g. Hitting)  
2:15p-2:50p Rotation 2 (e.g. Base running)  
2:50p-3:25p Rotation 3 (e.g. Fielding)  
3:25p-4:00p Rotation 4 (e.g. Pitching)  
4:00p-4:15p Campers picked up



### Directions to Siena Campus

#### **From the North**

From the Northway (I-87), take Exit 5 (NY 155). Turn left on NY 155 to US 9. Turn right onto Route 9 for two miles. Siena is on the left.

#### **From the South**

Travel north on the New York Thruway to Exit 23 (I-787). Follow I-787 North to I-90 West. Take Exit 6 (US 9 North to Loudonville, first exit off I-90). Follow Route 9 North approximately two miles. Siena is on the right.

#### **From the East**

From the Massachusetts Turnpike, take the New York Thruway to Exit B-1 (I-90 West). Follow I-90 to Exit 6 (US 9 North to Loudonville). Follow US 9 North approximately two miles. Siena is on the right.

#### **From the West**

From the New York Thruway, take Exit 24 (Northway I-87). Follow Northway North to Exit 5 (NY 155). Turn left on US 155 to US 9. Turn right on US 9 for two miles. Siena is on the left.

### Directions to Marcelle Athletic Complex on Siena Campus

Turn onto Spring Street—From 9 South turn left  
From 9 North turn right

Turn left onto Turchi Road.

Turn left at the stop sign.

You will see the Marcelle Athletic Complex (MAC) at the end of Turchi Road when you reach the stop sign.

Turn left and park in Lot W, next to the MAC.

Enter through the glass doors.

#### **What to Bring/Apparel**

Turfs/Athletic Shoes (we are indoors)

Glove

Bat

Catchers need to bring their own gear

Baseball Pants (preferable)

T-Shirt

\*Each player may be assigned a number to be worn throughout the day for identification purposes

### Prospect Skills Camp

The Saints Prospect Skills Camp gives players the opportunity to learn the fundamental philosophies and techniques of the game used by the Saints Baseball program. Siena College coaches, with the assistance of current players, will teach these mental, physical, and mechanical techniques at camp.

Pitchers, two-way players, and catchers sign in from 8:30a-9:00a.

Pitcher only players finish around 11:15a. Position players sign in from 11:00a-11:30a.

All campers are welcome to the recruiting process talk from 11:30a-11:45a.

Camp finishes around 1:00p for catchers and other position players.

**Pitcher Only cost is \$80.00.**

**Two-Way players cost is \$120.00.**

(Two-Way players will Pitch, Hit, and Learn Defense)

**Position players cost is \$80.00.**

### Prospect Skills Camp Itinerary

8:30a-9:00a Sign In/Registration  
9:00a-9:45a Pitcher Talk  
9:45a-10:00a P/C Stretching/Warm Ups  
10:00a-10:25a Rotation 1  
(e.g. Mental Skills Development)  
10:25a-10:50a Rotation 2  
(e.g. Bullpen Preparation)  
10:50a-11:05a Rotation 3  
(e.g. Bullpen)  
11:00a-11:30a Sign In/Registration  
11:30a-11:45a Recruiting Process Talk  
11:45a-12:00p Hitting Talk  
12:00p-12:30p Rotation 1  
(e.g. Hitting/Base running)  
12:30p-1:00p Rotation 2  
(e.g. Defensive Skills)  
1:00p Camp Completed