

HOW TO REGISTER

Pre-registration for camps can be done in the GCCC Office of Admissions and is strongly recommended. Same day registration will be done at the field 1 hour before the camp begins. Child's Social Security Number is REQUIRED for registration. For registration information, please contact Mike Kandler, Head Baseball Coach at 850-872-3897.

Pitcher/Catcher Camp ATR0001R Section 9112
Hitters Camp ATR0001R Section 9113

Camp Cost: \$75.00

Make checks payable to:

Gulf Coast Community College
5230 W. Hwy 98
Panama City, FL 32401

WHAT TO BRING?

All players will need to bring LUNCH, their own metal bats, spikes, tennis/turf shoes, glove, gray or white pants, stirrups or colored socks, belt, catchers gear if applies, helmets, protective equipment, etc.

INSURANCE & REFUNDS

INFORMATION REFERS TO ALL SPORT CAMPS

INSURANCE

The college does not provide accident or medical insurance for students. If a student is not covered under a personal or family policy, the college recommends that such a policy be purchased from the agent of choice. Safety is our utmost concern. Please notify the coach/instructor of any medical condition or if he/she is taking any prescription medication which may affect their personal safety.

REFUND POLICY

Per college policy for non-credit classes: Requests made before the first day of the camp is 100% refunded. **NO** refund will be given, on any request received, on or after the first day of the sport camp.



BASEBALL WINTER CAMPS

Ages 8-18

Pitcher / Catcher Camp

ATR0001R Section 9112
Saturday - December 5, 2009
Camp time: 9:00 am - 2:00 pm
Cost - \$ 75.00

Hitters Camp

ATR0001R Section 9113
Saturday - December 12, 2009
Camp time: 9:00 am - 2:00 pm
Cost - \$ 75.00



Gulf Coast Community College Athletics
Baseball Office - 850.872.3897
www.GCathletics.com

COACHING STAFF



Mike Kandler
Head Baseball Coach
Gulf Coast Community College



Steve Merchant
Assistant Baseball Coach
Gulf Coast Community College



Blake Mitchum
Assistant Baseball Coach
Gulf Coast Community College

- Major League Baseball Scouts
- Local High School Coaches
- Area Professional Players
- Current Gulf Coast Players

We have worked extremely hard to assemble the best coaching staff possible. Each player will receive individualized instruction from the best baseball coaches in the area. This coaching staff will be second to none.



PITCHER / CATCHER CAMP

PITCHING

- Upper body mechanics
- Lower body mechanics
- Fastball (2 seam, 4 seam, cutters, sinkers)
- Change-ups
- Curveball, Slider
- Bullpens
- Long toss program
- Injury prevention
- Weight training
- Mental aspects
- Pick off moves
- Fielding your position



CATCHING

- Stance
- Receiving
- Blocking
- Throwing to all bases
- Foul balls
- Blocking the plate
- Injury prevention
- Weight training
- Arm strength and care
- Mental aspects



HITTING CAMP

TOPICS

- Stance
- Stride
- Lower Body Mechanics
- Upper Body Mechanics
- Hitting to the opposite field
- Pull swing
- Hitting the curveball
- Base running
- Bunting
- Mental aspects of hitting
- Weight Training

