

# Upcoming Windsor Baseball camp/clinic offerings!

**Spring Training Pitchers and Catchers Camp-** The 8 week Spring Training Pitchers & Catchers Camp is designed to provide pitchers with a climate-controlled environment and a regular schedule to begin getting their arms back into shape before their spring seasons begin and also to receive specific instruction on their pitching approach, mechanics, and specific pitches. Camp will be run by Kevin Lawrence and his coaching staff who will be assisted by Red Lion High School baseball players. Registration for each session will be limited to ensure that each player receives as much personal attention as possible during the 75 minute weekly session. **Starting February 5th!**

**Infielders & Outfielders Spring Training Baseball Camp-** Not A Pitcher? Not A Catcher? Not A Problem! You've asked and we're answering. In the past, we've only offered our 'Spring Training' Program for pitchers and catchers but in response to your requests, we are excited to offer a brand new 'Infielders & Outfielders Spring Training' Camp to provide an opportunity for all players to get their arms - and their gloves - back into shape for the upcoming season. Even position players need to get their arms back in shape, not just pitchers and catchers. The 'Infielders & Outfielders Spring Training' Camp is a six (6) week session that will focus on learning resistance band work to help develop arm strength and endurance, a full throwing progression and basic infield and outfield instruction. **Starting February 5th!**

**Swing Into Spring Hitting Series-** The Swing into Spring Baseball Hitting Series sessions are designed to get players consistent swings and maintain a regular, but not overwhelming, hitting schedule. Designed both for athletes who play multiple sports and for baseball players who rightfully want an off season, the Fall and Winter Hitting sessions will allow players to get an abundance of swings, live and through breakdown drills, once a week throughout the fall and winter. The Swing into Spring Baseball Hitting Series will be run by Kevin Lawrence, Tyler Taylor, and Brandon White who will be assisted by Red Lion High School baseball players; each session will be run by Coach Lawrence, Coach Taylor, or Coach White and sometimes all three, and at least one Varsity baseball player each week. Registration for each session will be limited to a maximum of 12 players to ensure that each player receives the maximum number of swings and as much personal attention as possible during the 75 minute weekly session.

**Registration and additional information for each program available at  
[www.windsorrec.com](http://www.windsorrec.com)**