

# **COACH CHINN THROWING CAMPS**

BASEBALL PLAYERS, AND THEIR PARENTS, UNDERSTAND THE IMPORTANCE OF HITTING...SO MANY SEE A HITTING COACH. LIKEWISE, THOSE WHO PITCH OFTEN ENLIST THE HELP OF SOMEONE WHO CAN HELP THEM WITH PITCHING.

HOWEVER...

**...IN OVER 20 YEARS OF PLAYING/COACHING AT THE HS LEVEL I'VE NOTICED A DANGEROUS TREND: MORE PLAYERS ARE MISSING GAMES, EVEN SEASONS, BECAUSE OF INJURIES TO THEIR ARMS.**

**...SO WHAT IS COACH CHINN'S THROWING CAMP? A SYSTEMATIC THROWING PROGRAM THAT COMBINES STRETCHING, SOUND THROWING MECHANICS, AND A LONG TOSS REGIMEN THAT PROMOTES ARM STRENGTH AND, MOST IMPORTANTLY, HEALTHY ARMS**

**WHO:** ALL PLAYERS, AGES 10 – 14 (and not yet in HS), who are interested in improving the

strength and conditioning of their throwing arm, **ESPECIALLY THOSE PLAYERS WHO ARE GOING TO BE INTERESTED IN PLAYING HIGH SCHOOL BASEBALL.**

**WHEN:** EACH 'CAMP' SESSION WILL BE COMPRISED OF SIX SESSIONS – (PLEASE NOTE DATES); EACH SESSION LASTS APPROXIMATELY 45 MINUTES.

**SESSION 1:** MARCH (MARCH 4, 7, 11, 14, 18, 21) 4:00 EACH DAY

**SESSION 2:** APRIL DATES TBA 4:00 EACH DAY

**SESSION 3:** MAY DATES TBA 4:00 EACH DAY

**WHERE:** EDISON HS VARSITY BASEBALL FIELD

**COACH:** CAMERON CHINN, EDISON HS VARSITY HEAD COACH

**COST:** MAKE CHECKS PAYABLE TO:

**CAMERON CHINN**

INDIVIDUALS: **\$180.** for initial two-week session **\$150.** for each additional session

TEAMS (6+ players from 1 team): **\$160.** for initial two-week session/per player

**\$130.** for each additional session/per player

**TO SIGN UP**

EMAIL COACH CHINN at [coachchinnbaseball@gmail.com](mailto:coachchinnbaseball@gmail.com)