

# “Pitch like a Prospect” Pitching Camp



For pitchers grades 5 – 9  
Limited to 8 participants

Six 1 hour sessions  
8am to 9am Saturdays  
1/7, 1/14, 1/28, 2/4, 2/25, 3/3  
Andover Community Center

This camp will teach pitchers what it takes to “pitch like a prospect”. The camp will cover proper pitching mechanics and teach drills to reinforce proper mechanics. Pitchers will work on control, velocity, and off-speed pitches. In addition, participants will learn/perform drills and exercises to promote a healthy shoulder/arm and add velocity. Pitchers will leave this camp ready for the upcoming season and armed with information and exercises to help them “pitch like a prospect”.

**About the instructors:** Brent Stong and Nate Stong have played Andover traveling baseball since they were 9 years old. They are currently seniors at Andover High School where they have been pitching for the varsity team since 10<sup>th</sup> grade. They have pitched for several elite teams including the Cincinnati Reds Midwest Scout team. Both were recruited by multiple universities, and they have chosen to attend Bradley University, a Division 1 baseball program that competes in the tough Missouri Valley Conference.

**A message from the instructors:** Your son will work harder and learn more in this camp than any other pitching camp they have attended. We have done them all; Dan Gladden’s Big League Camp, Lovdahl Pitching Academy, Line-Drive, Acceleration MN, not to mention several throwing, conditioning, and strengthening programs. Everything we have learned will be taught in one comprehensive program. Our passion is baseball and we look forward to sharing what we have learned with the youth baseball players in Andover.

**Camp fee is \$90**

To register: email Brent or Nate with your son’s name and grade.  
Camp space is limited to 8 participants. Payment will be accepted the first day of camp.

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