



2017 UBC Baseball National Baseball Camps

The University of British Columbia baseball staff will be running a 1-day baseball clinic in your area. Players will learn from an internationally recognized baseball staff that has experience at every level of the game. Players will engage in a full day of instructional drills that promote learning in a fun environment.

In addition to on-field baseball activities the day will end with a parents and players information session. This session will include topics such as: what it takes to get to the next level, the importance of academics while you pursue your dream, a general outlook into what its like to be a college athlete, and much more.

The session will conclude with a Q + A sessions with the coaches.

Ages 13 - 16

Maximum of 60 participants per camp

SKILLS COVERED

Offense

- core mechanical components to repeating your best swing
- learn about individualized approach techniques
- drills that promote athletic movements

Infield

- proper fundamentals to help execute the routine play
- understanding the speed of the game and how to slow the game down
- proper throwing techniques

Outfield

- initial footwork needed to get good jumps
- proper technique when catching fly balls and fielding ground balls
- advanced communication techniques

Pitching

- core foundation mechanics that help repeat your delivery
- proper pitch grips
- how to control the tempo of the game

Base Running

- proper primary and secondary lead offs and how they relate to each base
- advanced stealing techniques
- how to become an aggressive, but intelligent base runner

LOCATIONS

Saskatoon - Tuesday, August 8th

Cairns Field
1202-1244 Avenue P S
Saskatoon, SK S7M 2T7

Winnipeg - Thursday, August 10th

Corey Koskie Field
480 Chalmers Avenue
Winnipeg, MB, R2L0G5

Toronto - Saturday, August 12th

Ajax Sportsplex
2001 Audley Rd,
Ajax, ON L1Z 1B6

Calgary - Monday, August 14th

Optimist Athletic Park
5020 26 Ave SW,
Calgary, AB T3E 0R4

Edmonton - Wednesday, August 16th

Telus Field
10233 96 Ave NW
Edmonton, AB T5K 0A5

TIME: 8:00am - 4:00pm

COST: \$130.00

REGISTER TODAY AT UBCBASEBALL.COM

PARENTS + PLAYERS INFORMATION SESSION

After the on-field activities conclude the UBC coaching staff will be hosting a parents and players information session. This session will be used to help educate families on the overall process of a post-secondary baseball education, what it takes to become a student athlete, and the steps they should be taking now in preparation. At the end, players and parents will be free to engage the coaches in a Q and A session.

COACHES:

SHAWN BOWMAN



- Drafted in the 12th round of the 2002 MLB Draft by the New York Mets
- Played 10 years professionally with the New York Mets, Toronto Blue Jays, Atlanta Braves, and Miami Marlins
- Member of the Canadian Senior National Team from 2009-2012
- Assistant Coach of the Canadian Junior National Team (2014-present)
- Assistant Coach of the UBC Varsity team (2015-present)

WAYNE CORNESS



- Played in the Minor League System with the Houston Astros and Seattle Mariners
- Assistant Coach of the Canadian Collegiate National Team in 2009
- Assistant Coach with the UBC Varsity Thunderbirds (2009-present)
- Head Pitching Coach for the UBC Varsity Thunderbirds

SAMMIE STARR



- Drafted in the 34th round of the 2010 MLB Draft by the Baltimore Orioles
- Played 5 years in the Baltimore Orioles Minor League System (A, AA, and AAA)
- Assistant Coach of the UBC Varsity Thunderbirds and Coach of the Junior PBL UBC Thunder
- Coached for 2 seasons in the Baltimore Orioles Minor League System

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