

Cardinal Baseball Camp, LLC

Greenwich High School

10 Hillside Road

Greenwich, CT 06830

203-869-3736

www.cardinalbaseballcamp.com



Cardinal Baseball Camp is back for their 17th summer. Boys and girls, ages 6-13, can enroll now for a great summer of baseball and fun. Summer sessions run from 9 a.m.-noon, Monday through Friday. Sign up for a week, or all five. Dates include:

Week 1: June 25-29

Week 2: July 2-6 (no camp July 4; double session on July 5)

Week 3: July 9-13

Week 4: July 16-20

Week 5: July 23-27

Campers arrive at 9 a.m. and stretch with the coaching staff for approximately 10 minutes every morning. At 9:10 a.m., the throwing drills begin. Campers receive instruction in how to throw with the proper form. Mechanics are taught so they can achieve maximum velocity and accuracy, while minimizing injury. Proper catching tips are also given at this time.

From 9:30-10:30 a.m., there will be stations or infield/outfield practice. Campers are taught the finer points of the game. They rotate through stations such as pitching, base running, catching, infield, outfield, hitting and bunting. After a popsicle break, it's game time.

The staff makes teams for their games according to ability. Some campers may play against older campers if their ability is comparable. Beginners may play with younger campers if they are still building their skills. Camper's safety comes first! Coaches pitch to the campers for safety reasons. Many campers are in the middle of their summer season and we do not want them wearing out their arm at camp. The day continues until noon.