



Jeff Sherman, HS Head Baseball Coach

Winningest Coach in Marcus History

PG All American Head Coach 2015

USA Baseball Scout 2017

## CRUSH CAMPS BASEBALL CAMP

Matt Harbin, HS Head Baseball Coach

Over 70 College Players coached

Regional Coach of the Year 2015

PG DFW Instructor 2017



## Pitching & Arm Care Camp

**Sunday, November 5<sup>th</sup>**

**1:00 p.m. – 4:00 p.m.**

**FEE: \$125**

**Includes Camp T-shirt & Take Home Video Analysis**

*(no refunds)*

**Ages: 8 years – 14 years**

**Online Registration:**

**[www.crushcampstraining.com](http://www.crushcampstraining.com)**

*\*No walk up registration allowed.*

**Location:**

**Bakersfield Park**

1201 Duncan Lane

Flower Mound, TX 75028

### CAMP FEATURES

**Pitching & Arm Care Camp:**

- Proven Arm Care and prevention methods for all positions.
- Professional individualized pitching mechanical drills, power pitching drills and pitch development
- Help each player create endurance, longevity, and accuracy with their skill set.

**Hands on Instruction:**

- Camp is designed to be intense with many repetitions
- Camp is for the serious baseball player who is driven to learn specific characteristic of his position.
- Limited to 50 players

Online Registration: [www.crushcampstraining.com](http://www.crushcampstraining.com)