



## WORCESTER STATE UNIVERSITY 2019 BASEBALL CLINICS

**Worcester State Baseball Indoor Clinics** are now held in the **\$52 million gymnasium and wellness center**. The second floor multipurpose gym allows for live practices with plenty of storage for the 6 indoor mounds, bats and balls, etc. Hitters will use the double-barrel cages on the first floor. Here kids will bunt/bat off the Hack Attack pitching machines (uses real balls; speed adjusted for ages), hit close-range BP, use soft toss nets, tees, and utilize slow-motion video analysis.

The **Friday Night Baseball School** reviews the **Basics of Hitting**: grip, stance, stride, swing, dry swings, wrist hitting, vision drills, mental game, slow-motion video analysis, beating the pitcher, short and soft toss, and has live BP. The **Basics of Throwing/Pitching** focus on the many grips, control and command, mechanics, drills, competitions, stretching, stretch & wind-up, flat ground, bullpen, on mound, long toss, pick-offs, PFPs, Pepper, and goes over the P-Chart. Play catch leading up to Day 1 of the pitching clinic to get the arm loose. Kids who have not yet pitched in their leagues are taught proper throwing mechanics. Seasoned pitchers will throw off indoor mounds as we get closer to March. Let us know of any arm problems.

The 3-Day **Annual Hitting Clinic** over February school vacation is an in-depth all-batting clinic. The drills, skills, and video analysis has been a popular choice of kids every year since 1996. Children will receive a ton of swings each day with plenty of time for instruction, philosophy, and video analysis while also watching Coach Baker's own hitting video during break time.

### Pitchers & Catchers Clinic

**Basics of Throwing & Pitching:** Grips, Control and Command, Mechanics, Drills, Competitions, Stretching plus S&C, Stretch & Wind-up, Flat Ground, Bullpen, On Mound, Long Toss, Pickoffs, PFPs, Conditioning, Pepper, P-Chart.

**Basics of Catching:** Blocking, Receiving, Framing, Throwing, Drills, Bunts, Pop-ups, Calling Pitches, Cutoffs, Pickoffs, Blocking the Plate, Long Toss, Bullpen, Pitcher-Catcher Relationship, Strategy, Leadership, Toughness, Confidence, Umpires, Equipment, Safety.  
**Note: Kids who want to both pitch & catch can flip-flop between each session.**

- Play catch (loosen arm up) a few times before camp

### WSU Baseball Players Assist for a 6-1 Player to Coach Ratio

- Pitchers throw to each other—Field has 4 mounds.
- They will also throw long toss and workout outside on the Astroturf if needed.
- In case of rain we will use the indoor gymnasium/cages.
- Let us know if your child is pitching in games this week.
- Catchers must bring their own gear (mask, skull cap, chest protector, shin-guards, cup.)
- Adult catcher's equipment is available.
- We'll have water and snack breaks. Please arrive early Day 1.
- If staying on campus during the clinic see Coach Baker for a parking pass.

For directions go to [worcester.edu/Directions](http://worcester.edu/Directions)

### Clinic Staff



#### DR. DIRK BAKER

- Head Coach at WSU
- Div. 1 Player & Captain Boston U.
- 6 NAAs, #1 at WSU in Wins
- 4 Books & 4 Videos on Baseball
- 25+ .400 Hitters & #1 MASCAC 6 Times
- Works Full-time at WSU



#### RICK SMITH

- WSU Pitching Coach
- MASCAC #1 in ERA/Ks in 2013
- 4 MASCAC Titles 2009-10, 2014-15, 2017
- Former Head Coach Assumption & Fitchburg State
- Former Scout NY Yankees
- 35 Years as Middle School Principal



#### EMILE JOHNSON

- Retired as state leader in wins with 725
- 43 seasons never with a losing record
- 3 state titles and 6 District Titles
- MBCA and Fitchburg State Hall of Fame



**CLINIC APPLICATION FORM**  
(Please Print-Registration form can be screen shot and emailed)

Name of Clinic(s) Attending \_\_\_\_\_

Circle T-shirt Size: Youth Med Large Adult S M L XL

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SCHOOL \_\_\_\_\_

AGE/GRADE/B-DAY \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

PARENT'S NAME(S) \_\_\_\_\_

HOME/WORK #s \_\_\_\_\_

CELL # \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT(S) & PHONE(S) \_\_\_\_\_

Any medical conditions or physical limitations which your child has which could impede his or her ability to safely participate in the Clinic must be listed below.

If none, check here.  
I agree to allow the Clinic staff to treat my child in the event of any ordinary injury while at the Clinic. In the event of any emergency I understand that the emergency contact phone number(s) listed on this application will be called. In the event no contact can be made, I authorize the Clinic to proceed as necessary. I release the Clinic from liability associated with injury or accident while at the Clinic.

PARENT'S SIGNATURE: \_\_\_\_\_

**Payment options**  
 Check (payable to the WSU Athletic Trust Fund-Baseball Clinic) or

MasterCard  Visa  AmEx  Discover  
Name on Card: \_\_\_\_\_  
Card No.: \_\_\_\_\_  
Exp.: \_\_\_\_\_ CVV code: \_\_\_\_\_

Mail to WSU Baseball—Dirk Baker Coach, 486 Chandler Street Worcester, MA 01602-2597 or email dbaker1@worcester.edu

**General Clinic Info:** Kids learn in a fun environment, and work in small groups of similar ages. There is no enrollment limit. If signing up the day of the clinic please call to register, so we can plan on our end. Park on the softball field side of the gym. Check in-out at the North entrance - enter gym through the batting cages (room with glass windows). All sessions are run by a coach. Competitions and drills occur each day plus we use slow-motion video for analysis. Kids hit tennis balls and throw real baseballs (softies for little guys). Let us know if you need a bat or glove to use. Safety is always a priority, and the coaches have as much fun as the kids. The coaches are CPR-trained with basic first aid. Fruit snacks and a T-shirt (1 per clinic) are provided. There are water stations in both clinic areas. Arrive early on Day 1 of each clinic. Kids should wear sneakers/turfs and bring their own equipment. Let us know if you want your child paired with a friend or relative. You can use the same sign-up form for multiple clinics. There is a 10% discount for children of WSU faculty/staff/alums, multiple family members, or teammates of 4+. These clinics are fund-raisers for the WSU team. For PPD information due to bad weather call Coach Baker's cell 774-230-3872. The staff holds an orientation meeting prior to the start of each clinic. Send in the full payment ASAP to reserve your child's place. If you need to arrive earlier or be picked up later due to family/work commitments please contact the Director. For the 3 hour clinics there is a 20 min. break in between. Payment confirms your registration.



2017 Team  
Champ Photo



**2019 WSU BASEBALL CLINICS**

**12<sup>th</sup> ANNUAL FRIDAY NIGHT BASEBALL SCHOOL**

Jan. 18,25; Feb. 8, 15, 22; March 1 in multipurpose gym/cages;  
Hit 6 - 7 p.m. + Pitch 7:15- 8:15 p.m.  
Grades 1-12 — \$100 or \$165 both  
Note: NO session on 2/1

**If there is enough interest we may include a 6-week session for the catching position from 7:15-8:15. If interested please email Coach Baker at dbaker1@worcester.edu.**

**24<sup>th</sup> ANNUAL HITTING CLINIC**

Feb. 18, 19, 20 in multipurpose gym/cages  
Ages 8-18 from 9 a.m.-Noon  
\$40 per day or \$100 for all 3.  
This is the longest continuous running clinic in New England.

**12<sup>th</sup> ANNUAL PITCHERS & CATCHERS CLINIC**

Outdoors on Lyons Diamond  
April 16 & 18  
9 a.m.-Noon — \$75 for Ages 7-18

Over 4,000 kids have attended our clinics since 1996.

**Q's 508-929-8852 | 774-230-3872**  
**Email dbaker1@worcester.edu**  
**wsulancers.com/camps-clinics**

