The University of San Diego baseball staff is pleased to offer Arm Strength Development Camp for all skill levels and ages. Player’s ages 10 through seniors in high school will be able to hone their skills with USD baseball coaches and players.

Baseball players need to have a strong, well conditioned and healthy arm to play baseball. Players can simply not afford to allow their arm to be a liability, it must be an asset. Wouldn't it be nice to show up to the field every day and appreciate your arm. Wouldn't it be nice if your arm thrived on throwing everyday? You can learn how through our Arm Strength Development Camp

*Please call for any questions, and check for space availability for your camp! There are only 16 spots available per session.
619-260-7486

**Coaching Staff**

**Eric Valenzuela** - Eric is currently beginning his sixth year as the Toreros recruiting coordinator and pitching coach. Valenzuela spearheaded the recruiting efforts for the 2008 USD recruiting class that was ranked the nation's best by Baseball America. He was also the catalyst for the 2006 recruiting class that was among Baseball America's Dandy Dozen. Valenzuela helped guide the Toreros to a program-best 44-17 overall record in 2008, as well as a program-best No. 4 national ranking and a No. 8 national seed in the NCAA Tournament in 2007. He helped guide three pitchers to All-American status in 2007 and 2008 as well as helping guide Brian Matusz to Insidepitching.com's West Region Pitcher of the Year and rivals.com pitcher of the year. Also under his tutelage, USD had two pitcher's, Josh Romanski and Matusz named to Team USA for the summer of 2007 and AJ Griffin in 2008

**Mark Viramontes** – Mark enters his 3rd year as the Toreros volunteer assistant coach working with the Torero catchers as well as the hitters. Mark has served the past 3 summers as the Head Coach of the DuPage Dragons of the Central Illinois Collegiate Summer League. He has lead the Dragons to 2 CICL Championship Series Finals. Prior to being the head coach of the Dragons Mark was an assistant coach for 2 summers for the Brewster Whitecaps of the Cape Cod League. Mark has been coaching at the collegiate level for 10 years and a combined 13 years overall.

**Ramon Orozco** – Ramon brings a wealth of coaching experience to the USD coaching staff as he was most recently an assistant coach in Hawaii Collegiate Baseball League (HCBL). Ramon helped lead the Kamuela Paniolos to the league championship as well as lead the league in runs scored. Ramon has also been an assistant of the DuPage Dragons of the Central Illinois Collegiate Summer League. During his first season as a pitching coach, he helped guide them to the regular-season Co-Championship.

**Camp Features:**

* Use of surgical tubing hitting to maximize stretching and muscle development of arm
* Timing and pace of long toss throwing program will vary from player to player.
* Increase in arm strength, accuracy, throwing mechanics
* Held at University of San Diego’s John Cunningham Stadium.

**Baseball Camp Application**

Name: ____________________________
Address: ____________________________
__________________________________
__________________________________
(Include city, state, and zip code)
School: ____________________________
Parent/guardian: ____________________
Home Phone #: ___________________
Cell Phone #: ______________________
Emergency Phone #: __________________

Player authorization and waiver: I hereby authorize the staff of the USD baseball program to act for me according to their best judgment in any medical emergency. I hereby waive and release the camp and staff from any and all liability for any injury or illness occurred while at USD Baseball Camps. I understand that I am responsible for any medical costs that might occur to my child at camp. I have no knowledge of any physical impairment that would affect the above player’s participation in the USD Baseball Camp.

Parent Signature: ____________________

Cost: $250.00 per session

Mail Registration and payment (check) to:
USD Sports Camps
Attn: Baseball Arm Strength Camps
5998 Alcala Park
San Diego, CA 92110

Cost: $250.00 per session
*Check Payable to USD Sports Camps

Eric Valenzuela ericvalenzuela@sandiego.edu
619-260-5989

_____Session #1
Tuesday’s 5:30-6:30
9/9, 9/16, 9/23, 9/30, 10/7

_____Session #2
Thursday’s 5:30-6:30
9/11, 9/18, 9/25, 10/2, 10/9

_____Session #3
Tuesday’s 5:30-6:30
10/14, 10/21, 10/28, 11/4, 11/11

_____Session #4
Thursday’s 5:30-6:30
10/16, 10/23, 10/30, 11/6, 11/13

_____Session #5
Tuesday’s 5:30-6:30
11/18, 11/25, 12/2, 12/9, 12/16

_____Session #6
Wednesday’s 5:30-6:30
11/19, 11/26, 12/3, 12/10, 12/17

USD Baseball
Arm Strength Development
Camp

Presented by:
University of San Diego
Baseball Coaching Staff