

CAMP COACHING



Shannon Dobson
Head Coach, BAHS

In 20th year as BA Head Coach; Served as Memorial High School Head Coach, Oral Roberts University Assistant Head Coach, Seminole Junior College Assistant Coach; Inducted into Oklahoma Baseball Coaches Association

in 2015; Coached the 2011 National Championship Team, 2011 State Championship Team, 2012 Academic State Championship Team, 2012 & 2019 Runner-Up State Champs; Played baseball at Seminole Junior College and the University of Oklahoma; Graduated from Union High School

Ross Ashley
Assistant Coach, BAHS

First year as a Tiger assistant coach, pitching coach at Redlands Community College for 3 years before joining BA staff, played two years for the University of Houston, and pitched two seasons at Redlands before that, honorable mention All-State player at El Reno High School.

Beau Jinkens
Strength & Conditioning Coach, BAHS

In his first year as the BA Baseball Strength and Conditioning Coordinator, originally from Okeene, he played football for Southwestern Oklahoma State in Weatherford. He finished his degree in Exercise Science while an intern for Oklahoma State Strength and Conditioning under Rob Glass. Strength and Conditioning is Beau's passion and very proud to be a Tiger!

B.A.T.S. SUMMER CAMP

PURPOSE

This is a four-week sport specific training camp for baseball players.

MISSION

To offer a program that is designed to prepare the entire body for the demands placed on it by the game of baseball.

PRIMARY OBJECTIVES

Performance Enhancement
Injury Prevention

WHAT TO BRING

Players should wear t-shirts and shorts and bring gloves, cleats and tennis shoes.

LOCATION

Broken Arrow High School Baseball Field

2022 BATS CAMP®

June 1-22, (Monday & Wednesday)

TIMES

9 a.m. – 10 a.m. (11th – 12th Fall 2022)

10 a.m. – 11 a.m. (8th – 10th Fall 2022)

SKILLS CAMP

June 13-15

11 a.m - 12:30 p.m.
(7th Grade and below Fall 2022)



B.A.T.S. (Baseball Athletic Training Skills) SUMMER CAMP

June 1-22, 2022

All Camps and Tryouts at BAHS Baseball Field

CAMP EMPHASIS

CORE STRENGTH
BALANCE & BODY CONTROL
FOOT QUICKNESS
LATERAL SPEED
ACCELERATION
CHANGE OF DIRECTION
FLEXIBILITY & WARM-UP
ARM STRENGTH
FUNDAMENTALS

Core Strength - helps players generate more force when they throw and swing. By training the core, baseball players can learn to develop more arm and bat speed without ever picking up a ball or bat.

Balance & Body Control - baseball demands athletes to possess great balance and body control whether batting, fielding or throwing.

Foot Quickness - the minute a player makes the decision to move, the first part of their body that will be put into motion is the feet. In order to get out of the batters box or field a ball, the feet must be first in motion.

Lateral Speed - many phases of baseball require explosive lateral movements instead of straight ahead speed. Learn how to generate explosive lateral push to make big plays.

Acceleration - this is a key component of the success of a baseball player. Acceleration is used when running the bases or field a ball.

Change of Direction - a player may possess blazing straight away speed, but what happens when a player hits a double? He must make a 90 degree turn to second! COD plays a definite role in base running and fielding, and is an important component to their training.

Flexibility & Warm up - this is a skill similar to core strength in that it compounds the return a player receives for the training they invest in areas like lateral speed and acceleration. Because each of those skills requires significant range of motion, gaining flexibility will increase the players potential for gains in each area. Another key element of gaining flexibility is that it decreases the potential for injury.

Arm Strength - improved arm strength for a pitcher or position player improves the performance of the player. Specific strength training, flexibility and proper mechanics all play key roles in the development of the throwing arm.

Fundamentals - practicing drills and skills is essential to the player's development of consistency.

REGISTRATION

Camper's Name _____

Street Address _____

City _____

State _____ Zip _____

Grade Fall 2022

Adult Shirt Size: S M L XL

Youth Shirt Size: XS S M L XL

I am attending (check one)

_____ B.A.T.S. Camp (\$125 by 5/27)

_____ B.A.T.S. Camp (\$140 after 5/27)

_____ Baseball Skills Camp (\$100)

Parent/Guardian

Day Time Phone _____

Evening Phone _____

Emergency Contact _____

Emergency Phone _____

I, _____
hereby release the directors and all those
associated with the camp from any claim of
injury sustained while attending camp.

Signature of Parent/Guardian

Make Checks Payable to BAPS
Mail to: BAHS Varsity Training Center
2200 N. 23rd Street
Broken Arrow, OK 74012
For more information call 918-259-4710
or email jsdobson@baschools.org