

## CAMP COACHING



**Shannon Dobson**  
Head Coach, BAHS

In 21st 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

Seventh year as a Tiger assistant coach, pitching coach at Redlands Community College for three 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 second 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

## 2023 BATS CAMP®

May 31-June 28, (Monday & Wednesday)

### TIMES

8 a.m. – 9 a.m. (11th – 12th Fall 2023)

9 a.m. – 10 a.m. (8th – 10th Fall 2023)

## SKILLS CAMP

June 12-14

10 a.m - 11:30 p.m.

(7th Grade and below Fall 2023)



# B.A.T.S. SUMMER CAMP

May 31-June 28, 2023

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 2023

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 5/26)

\_\_\_\_\_ B.A.T.S. Camp (\$140 after 5/26)

\_\_\_\_\_ 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 BABBC or  
Venmo: @BABaseball 22-23

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](mailto:jsdobson@baschools.org)