

## Highlights:

- ❑ Individual player attention
- ❑ Effective, proven drills
- ❑ Up to 1,000 swings per player
- ❑ All aspects of game covered
- ❑ Small groups, by age and ability
- ❑ Experienced, successful staff
- ❑ Outdoor scrimmage games
- ❑ State of the Art Facility
- ❑ Each camper receives a t-shirt
- ❑ Personalized trophies

## Daily Program Activities

### Morning:

Campers will rotate through offensive and defensive stations including proper fundamentals of hitting, throwing, fielding, pitching, base running, bunting, infield play and outfield play.

### Afternoon:

Campers will enjoy the chance to use the skills learned that morning in game situations.

## Hitting Drills

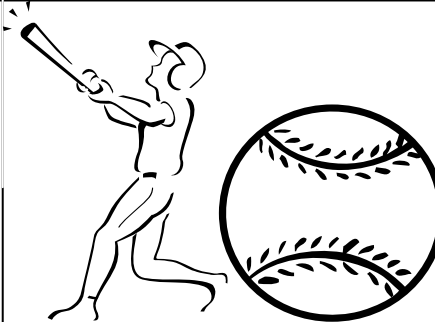
The majority of instruction time will focus on hitting, where players will get as many as 1,000 swings each week. The hitting portion of the clinic is based on demonstration and practice of proven hitting drills appropriate for beginner through advanced players, many of which are used at the high school and college level. Repetition of the proper swing is essential in refining good mechanics and performance.

## Camp Bank

Instead of bringing money to camp each day for drinks and snacks, you can place a pre-determined amount of money in our "Camp Bank." We will keep track of each player's declining balance as the week goes on, and return all remaining funds at the conclusion of camp.

The Rookie League Baseball School  
Wheaton College, Haas Athletic Center  
Norton, MA, 02766  
Attn: Eric Podbelski

# THE ROOKIE LEAGUE BASEBALL SCHOOL



AT SIDELL STADIUM  
ON THE CAMPUS OF  
WHEATON COLLEGE

THE STAFF AT THE ROOKIE  
LEAGUE BASEBALL SCHOOL  
IS THE SAME GROUP OF  
COACHES AND PLAYERS  
WHO HAVE LED WHEATON'S  
BASEBALL TEAM TO MANY  
YEARS OF SUCCESS. SO  
JOIN US AND LEARN THE  
SAME PITCHING, HITTING,  
AND DEFENSIVE  
TECHNIQUES AS MANY OF  
THE AREA'S MOST  
SUCCESSFUL PLAYERS!

**JULY 21 – 25, 2008**  
**8:30 AM – 2:30 PM**

### For additional information:

Eric Podbelski  
508-286-3394  
epodbels@wheatonma.edu

## BASEBALL PROGRAM

The Rookie League Baseball School at Sidell Stadium will provide intensive instruction in the proper baseball fundamentals and mechanics for boys and girls ages 6 to 12. The program provides players instruction during the week of July 21 – July 25. We will use Friday July 26<sup>th</sup> as a rain date.

There will be intensive instruction in the proper fundamentals of hitting, throwing, fielding, pitching, base running, bunting, infield play and outfield play. Players will improve specific skills through drills, demonstrations, videotape sessions, and scrimmages. The school is overseen by Eric Podbelski, Head baseball coach at Wheaton College and directed by Andy Koocher, a former Wheaton Captain, and Assistant Coach at Wheaton College.

Players will be divided into small groups, by age, and emphasis will be placed on individual instruction and improvement. Participants will learn from an outstanding staff and will enjoy the use of excellent facilities and equipment.

Sidell Stadium, home of Wheaton College baseball, is a state of the art facility. We guarantee a fun, comprehensive program.

*Our instructional program is based on the belief that young players need frequent practice and repetition of baseball skills. Our daily schedule of drills and activities is designed to make each player an active and constant participant throughout each daily session.*

## Program Director: Andy Koocher

Coach Koocher, a native of Portland, Maine, enters his second season as Assistant Coach of the Lyons. His responsibilities include working with the infielders and hitters, and he actively recruits throughout the summer.

As the team's starting first baseman during its run to the 2006 NCAA Tournament championship game, the team captain batted .351 with 38 RBI and 12 doubles and fielded at a .988 clip. Koocher hit a career-high .387 as a junior. The 2006 team finished with a 42-10 record, and a program-high 24 game winning streak, including an undefeated month of April.

During Koocher's four years, the Lyons won four New England Women's and Men's Athletic Conference (NEWMAC) regular season crowns and three league tournament titles, and made a trio of NCAA Tournament appearances. He capped his senior year by being named to the New England Intercollegiate Baseball Association (NEIBA) All-New England second team and was selected to appear in the NEIBA All-Star game at Fenway Park. Koocher finished with a .356 career batting average and .985 fielding percentage in 113 games.

## Additional Staff

The school is also staffed by many of Wheaton's current and past baseball players and coaches, as well as other area college coaches. There will be a full time trainer on site for the duration of the camp.



## About Wheaton College Head Coach Eric Podbelski

Finishing his 11th season as head coach, Eric Podbelski has built Wheaton's baseball program from the ground up, accumulating one of the highest winning percentages among active NCAA Division III coaches with an impressive 304-123-4 (.710) mark through Wheaton's first 10 years of varsity play.

Podbelski was awarded New England Intercollegiate Baseball Association (NEIBA) Division III Coach-of-the-Year honors in 2001, 2002, 2006 and 2007, which earned him a coaching position at the NEIBA All-Star game held at Boston's Fenway Park. He was also named NEWMAC Coach of the Year seven times. In the past seven seasons, Podbelski has produced six All-America selections and five professional players, including two Major League Baseball (MLB) signees. Wheaton's lone MLB draftee, Chris Denorfia '02, was taken by the Cincinnati Reds in the 19th round in June 2002. Denorfia has swiftly made his way up the professional ranks, most notably his 2005 jump from Double-A Chattanooga to the big leagues. Recalled to Cincinnati in 2006 from Triple-A Louisville and traded to Oakland in 2007, Denorfia is currently an outfielder with the Athletics.

Since his arrival at Wheaton, Podbelski has overseen a program-wide effort, resulting in some outstanding recruiting classes. In addition to his baseball coaching duties at Wheaton, Podbelski serves on the ECAC Tournament selection committee and is a lecturer in the school's Physical Education Department.

A 1991 graduate of Brandeis University, Podbelski finished his baseball career as one of Brandeis' all-time winningest pitchers with 23 career victories. He went on to serve as assistant coach there for five years prior to accepting the top position at Wheaton. Under his direction, Podbelski's pitching staff enjoyed the most successful stretch of excellence in Brandeis history. In five years, the Brandeis pitchers were among the national leaders in team ERA four times, including an incredible year in 1994 when the staff compiled an ERA of 2.33, which led Division III nationally.

## WHAT TO BRING

- WEAR SNEAKERS/ CLEATS
- WORKOUT CLOTHES
- BASEBALL GLOVES
- BATS AND BATTING GLOVES ARE RECOMMENDED
- MID-MORNING SNACK
- LUNCH
- WATER BOTTLE
- SUNSCREEN/HAT

## COST

The cost for the full four day program is \$200.00 per student.

*Discounts:* For two players from the same family, take 10% off the total fee.

A deposit of \$75 dollars must be received by June 1, 2008.

## FACILITY

Sidell Stadium, home of Wheaton College baseball, is a state of the art facility. Campers will have access to the stadium and all its amenities as well as the surrounding playing fields and the Clark Athletic Center.

## Directions to Sidell Stadium

Wheaton is located 35 miles south of Boston and 15 miles north of Providence, R.I.

**From Boston:** Take Interstate 95 south to Exit 6A Route 495 South. \*(follow directions below.)

**From Providence and Southern New England:** Take Interstate 95 north to Exit 6A. \* (follow directions below.)

\*Follow Route 495 South to Exit 11, turn onto 140 South. Follow route 140 South for 2.5 miles. Turn left into the parking lot in front of Sidell Stadium.

## REGISTRATION FORM

### PROGRAM INFORMATION

July 21 – 25, 2008

8:30AM – 2:30PM

Rain Date: Friday, July 26

Student Name \_\_\_\_\_

Age at the start of camp \_\_\_\_\_

Gender      male      female

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Parent Name \_\_\_\_\_

Check one:

Pre-Rookie Division (6-8 yrs old)

Rookie Division (9-12 yrs old)

**T-Shirt Size:**

Youth	S	M	L
Adult	S	M	L

Mail form to:

Coach Eric Podbelski  
Wheaton College, Haas Athletic Center  
Norton, Massachusetts, 02766

**Include a check made payable to:**  
*The Rookie League Baseball School*

Accepted applicants will be sent a confirmation letter and medical form.