



Woodson & West Springfield
High School Prep & Little League Camp

Sponsored by the Spartan Booster Club

Week 1: June 19-23, 2023 (Monday – Friday)

Week 2: June 26-30, 2023 (Monday – Friday)

Hours: 8:00am – 1:00pm

Location: West Springfield High School
6100 Rolling Road
Springfield, VA 22152

Participants: Ages 7-15 including Rising 7th – 9th Grade Prospective High School Baseball Players

Lead Instructors: Brett McColley – WT Woodson HS Head Baseball Coach
Jason Olms – West Springfield HS Head Baseball Coach

Cost: Week 1 **OR** Week 2 session:
\$275 one player for one week
\$525 two siblings for one week

Both Week 1 **AND** Week 2 sessions:
\$525 one player for both weeks
\$1000 two siblings for two weeks

Registration & Payment Link: [Woodson & WS Summer Baseball Camps 2023](#)

Questions: jmolms@fcps.edu or btmccolley@fcps.edu

Wear: Baseball Pants, Spikes, Belt, Hat, Baseball Socks

Bring: Glove, Bat, Batting Gloves, Athletic Cup, Sunscreen, Water

Lunch: Bring your own lunch, drinks, and pizza/snacks may be available for purchase each day

Purpose:

The purpose of the Woodson & West Springfield High School Prep Camp is to prepare middle school baseball players for competitive high school baseball programs. The biggest difference between the middle school and high school level is the speed of the game. This camp will emphasize fast paced drills which simulate high school game speed to help middle school ballplayers with this transition. Camp instructors will provide detailed instruction in all aspects of the game, including individualized feedback for player improvement.

Baseball Philosophy:

The Woodson and West Springfield Baseball Programs believe in playing baseball the way it was meant to be played. Camp participants will hustle everywhere on and off the baseball field. Camp participants will also compete at all times, including games, drills, and competitions. Participants will come to camp each morning with a positive attitude, be willing to make adjustments, and be committed to listening to and learning from the coaching staff. Baseball is one of the toughest mental sports to play in the world, and this camp will provide a discussion about the mental side of the game on a daily basis.

Hitting Philosophy:

The Woodson and West Springfield Baseball Programs stress the importance of bat speed. A short, compact path to the baseball increases bat speed. Since the beginning of the 2012 season, all high school players are required to swing BBCOR bats and home runs across the region decreased drastically the last 3 seasons. BBCOR bats make a shorter, quicker path to the ball even more essential. This camp will focus on getting into a good hitting position and remaining balanced throughout the swing. Instructors will also introduce techniques for tracking and timing the baseball, two of the most undervalued physical aspects of hitting. There is no shortcut to becoming a good hitter at the high school level. A good hitter must work hard on his craft, be strong mentally, and compete at the plate every at-bat.

Pitching Philosophy:

The Woodson and West Springfield Baseball Programs prioritize command as the most important ability in a pitcher's skill set. Movement and velocity are helpful, but ineffective without command. Pitchers must be capable of consistently repeating their delivery in order to possess a solid command of their arsenal. Repetition of a pitcher's delivery is reliant upon balance throughout the motion, which results in a consistent release point. A very small percentage of high school pitchers ever touch 90mph on the radar gun. There is no trick for a pitcher to increase velocity. Velocity can only be increased with time, hard work, and a lot of running, core strengthening, and long toss.

Defensive Philosophy:

Even though defense has been devalued in Major League Baseball, defense is invaluable at the high school level. The old adage, "if you can hit, they will find you a position" does not apply anymore, especially considering the new BBCOR bat restrictions which produces lower scoring games. There is only one DH per lineup, so limited defensive ability translates into limited playing opportunities at the high school level.

Baserunning Philosophy:

Baserunning is the most underrated aspect of the high school game. The BBCOR lower scoring games have also placed even more importance on baserunning at the high school level. Competitive high school baseball programs value speed and quickness and use it to their advantage on the basepaths. However, speed and quickness are not requirements to being a great baserunner. Players who study the game, practice baserunning with a purpose, and learn from experience will become good baserunners. With the high school re-entry and courtesy runner rules, strong baserunners will earn more opportunities for playing time.

Daily Camp Schedule:	8:00 – 8:05	Opening Remarks
	8:05 – 8:20	Running/Dynamic Stretching/Plyometrics
	8:20 – 8:35	Daily Baserunning Exercise
	8:35 – 8:40	Water Break
	8:40 – 8:55	Throwing Progressions
	8:55 – 9:25	Position Specific Defensive Work
	9:25 – 9:30	Water Break
	9:30 – 10:00	Team Defense
	10:00 – 11:00	Hitting Stations w/ Water Breaks
	11:00 – 11:30	Lunch
	11:30 – 11:40	Mental Game of Baseball Discussion
	11:40 – 1:00	Games & Closing Remarks