

Metro State College

Hitters & Pitchers/Catchers Clinic



METRO STATE
ROADRUNNERS

Instructors

Tom Carcione – Head Coach
Stefan McGovern – Hitting Coach
Ryan Goodwin – Pitching Coach

Tom Carcione begins his 1st year as head coach at Metro State College after spending the past two years as the hitting coach at Northern Illinois University. While there, Tom helped the Huskies achieve their highest win total in school history in 2007 with 34, and helped his team hit .286 as a team with 48 home runs in 2008. After catching for the Texas A&M Aggies in 1988, Tom was drafted in the 10th round by the Oakland A's, reaching as high as Double-A while spending 10 years in minor league baseball .

Stefan McGovern begins his 1st year as hitting coach at Metro State College after spending three years as hitting & outfielders coach at Santa Barbara City College. While there, he helped lead the Vaqueros to a team record 34 wins in 2007, while posting a .332 Team Average, 49 home runs, and 161 Stolen Bases. This past summer, Stefan coached the Glacier Pilots in the Alaska Baseball League to a 2nd place finish in the NBC World Series in Kansas. The Pilots led the ABL in home runs with 30, which was 18 more than any other team.

Ryan Goodwin begins his first year as pitching coach at Metro State College, after spending 2008 as pitching coach at Northeastern Junior College, where he helped lead them to the Empire Conference Championship, breaking the school record for wins in the '08 season with 37. In '05-'07, Ryan was the pitching coach at Neosho County Community College, where his Panthers won a KJCCC division title in '06 while breaking the school record for wins with 44. Since 2007, Ryan has spent three seasons as head coach for the Laramie Colts Summer Collegiate team, compiling an overall record of 95-50. He also served as an Associate Scout for the Cleveland Indians from 2005-2007.

Date: Dec. 6th, 13th, 20th, 2009
Time: Dec. 6th & 20th
9:00am – 10:30am (Hitters)
10:30am – 12:00pm (Pitchers)
Dec. 13th
2:30pm – 4:00pm (Hitters)
4:00pm – 5:30pm (Pitchers)
Location: Auraria PE Events Center
Auraria Campus
Cost: \$75 per player for one of the two camps (hitting or pitching)
\$125 per player if player chooses to participate in both camps

Topics for hitters will include

- Hitting & Short-Game Fundamentals
- Establishing a Sound Mental Approach to Hitting
- Weight-transfer, Swing-balance & Hip/Shoulder Rotation
- Importance of Strength & Conditioning

Topics for pitchers & catchers include

- Correct Pitching mechanics & Proper throwing programs
- Developing pitch spin & movement
- Gaining a strong knowledge of the mental game while on the mound
- Catching Fundamentals- blocking, framing, throw-downs, footwork, and bunt-coverage

What to bring

- Glove, indoor tennis shoes, water bottle, helmet, shorts/sweats.... Catchers, PLEASE BRING YOUR OWN GEAR!!!!

For More Information Call

Stefan McGovern @ (415) 377-7794; Email: smcgove1@mscd.edu
Ryan Goodwin @ (785) 393-9456; Email: rgoodwi4@mscd.edu

APPLICATION FORM

Name: _____ School Name: _____
Age: _____ Weight: _____ Height: _____ Bat/Throw: _____ Positions: _____
Address: _____ City/State/Zip: _____
Phone: _____ Emergency Contact: _____
Email: _____

\$30 Pre-Registration Fee enclosed: _____ Hitters Camp _____ Pitchers Camp _____ Hitters & Pitchers Camp

Checks made payable to Metro State Baseball. Payment can be made in full, but to be put on list of players invited to camp, at least \$30 pre-registration fee should be included with application form. Pre-Registration Fee applies towards the camp fee and is non-refundable.

How did you find out about this clinic? _____

For further information, call (415) 377-7794 or (785) 393-9456. Email smcgove1@mscd.edu, or rgoodwi4@mscd.edu.

Waiver/Release: I hereby authorize the Metro State Softball Clinics and it's directors to act for me according to his/her best judgment in any emergency requiring medical attention and I hereby waive and release the clinic, Metro State College, and their employees from any and all liability for any injuries and/or illnesses incurred while at the clinic. Please make check payable to:

Metro State Baseball/Attn: Tom Carcione

Campus Box 9/P.O. Box 173362

Denver, CO 80217-3362

Parent Signature