



DAYTON DRAGONS PITCHING COACH

BRIAN GARMAN

PITCHING CAMP



\$75
PER PLAYER

**SATURDAY
DECEMBER 11**

9AM - 12PM • GRADES 9-12

(8:30am check-in)

Brian along with Dugout Baseball & Performance staff will conduct a 1 day pitching camp based around a progressive approach to your warm-up, long toss, recovery, and how to add velocity. Players will go through a series of drills breaking down mechanics, proper throwing progression, core /shoulder work, long toss progression, breaking ball and mental approach.

REGISTER ONLINE:
DUGOUTBASEBALLPERFORMANCE.COM/CAMPS

What to bring to camp: Baseball pants, t-shirt, hat, batting gloves, bat, tennis shoes, water bottle and snack.

BRIAN GARMAN

UNIVERSITY OF CINCINNATI ALUMNI
17TH ROUND DRAFT PICK OF MILWAUKEE BREWERS IN 2010
DAYTON DRAGONS PITCHING COACH IN 2021
DRIVELINE FOUNDATIONS AND PITCH DESIGN CERTIFIED
ENTERING 3RD YEAR WITH CINCINNATI REDS



400 E. WILSON BRIDGE RD. SUITE 0
WORTHINGTON, OH 43085