



2023

SETH LONSWAY

Pitching Camp



Seth along with Dugout Baseball & Performance will conduct a 2-day pitching camp designed to emphasize proper pitching mechanics and a solid throwing program for personal skill development.

Pitchers will go through a series of drills breaking down mechanics (windup/stretch), PFP, core/shoulder work, flexibility and stability, pick-offs, and mental approach.

- San Francisco Giants LH Pitcher
- Ohio State University alum
- 4-year starter and All-Big Ten Conference Pitcher
- Big Ten Strikeout Champion in 2019
- Selected in the 6th round by the San Francisco Giants

WHAT TO BRING TO CAMP: BASEBALL PANTS, T-SHIRT, HAT, GLOVE, TENNIS SHOES, WATER BOTTLE AND SNACK.

\$99

PER PLAYER

DECEMBER 29-30, 2023

1PM - 4PM (CHECK IN 12:30)

MORE INFO CALL: 937-423-3053

Register Online: dugoutbaseballperformance.com/camps

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

LOCATION: DUGOUT BASEBALL & PERFORMANCE