

# Spring Hill High School Pitcher/Catcher Camp



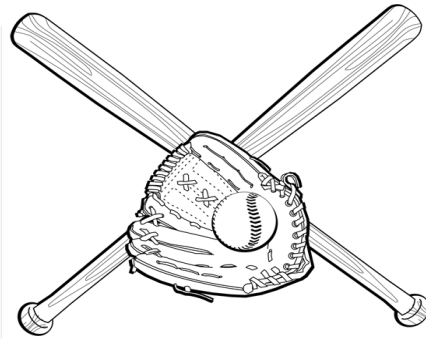
Featuring Professional  
Instruction From:

Mark Lamm (Braves)  
- 6<sup>th</sup> Round Draft Pick

Drew Hayes (Reds)  
- 11<sup>th</sup> Round Draft Pick

Taylor Hill (Nationals)  
- 6<sup>nd</sup> Round Draft Pick

Drew Fann (Vanderbilt)  
- Former Starting Catcher



## Camp Info

When: **Feb. 2<sup>nd</sup>**

Time: **1:30pm – 4:30pm**

Where: **Spring Hill  
High School Gym**

Ages: **7 – 18 years old**

What to bring:

- Baseball Glove
- Baseball Cap
- Tennis Shoes
- Catchers please bring own equipment

Cost: **\$60 per player**

Includes:

- Camper T-shirt
- Access to autograph session following day of camp



## Type of Instruction

Pitchers:

- Pitching Mechanics
- Pre-pitch Routines
- Grips of Pitches
- Velocity Drills
- Bullpen Workouts
- Offseason Workout Regimen

Catchers:

- Stance/Signals
- Blocking Balls
- Receiving
- Throwing
- Foot Work
- Offseason Workout Regimen

# Meet The Instructors

## Registration Form

### Mark Lamm (Atlanta Braves)

- 2011 6<sup>th</sup> Round Draft Pick
- Played at Vanderbilt University 2007-2011
- Professional Experience = AAA
- Instruction Experience = 10 years

#### What the scouts are saying –

“Lamm worked at 91-95 mph at his best in relief outings and incorporates a hard slider at 83-85 and a good changeup. Lamm is strictly a reliever who moved through the minor leagues quickly.” –

Bleacher Report

### Drew Hayes (Cincinnati Reds)

- 2010 11<sup>th</sup> Round Draft Pick
- Played at Vanderbilt University 2008-2010
- Professional Experience = MLB
- Instruction Experience = 10 years

#### What the scouts are saying –

“Winner of the Class A Reliever of the Year Award, Hayes went on a steady pace to the MLB. Hayes and his mid 90’s FB and hard SL earned a his way to the Reds Major League Club.” - MiLB

### Taylor Hill (Washington Nationals)

- 2011 6<sup>th</sup> Round Draft Pick
- Played at Vanderbilt University 2008-2011
- Professional Experience = MLB
- Instruction Experience = 10 years

#### What the scouts are saying –

“Hill's fastball has sink and boring action and can reach 93-94 mph, though he usually sits 89-92. His slider and changeup are solid-average secondary pitches, and every once in a while he'll mix in a split-finger pitch. Hill profiles as an innings-eating, back-of-the-rotation starter.” – Baseball America

### Drew Fann (Vanderbilt Commodores)

- 2011-2012 Starting Catcher
- Played at Vanderbilt University 2008-2012
- 2011 College World Series Participant
- Instruction Experience = 10 years

#### What the coach is saying –

“He caught some very important games for us during the regular seasons and the NCAA Regionals. The pitching staff had a great deal of confidence in his ability to receive and call a game all 4 years of his career.” – Vanderbilt Head Coach Tim Corbin

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age & Grade Spring 2019: \_\_\_\_\_

Shirt Size (adult sizes) S M L XL XXL

Parent/Guardian Name(s) \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Please Return to:  
Coach Paul Lamm  
1 Raider Lane  
Columbia, TN 38401

Please notify Paul Lamm via email to claim a spot. → [lamm@mauryk12.org](mailto:lamm@mauryk12.org)

Parent/Guardian Release and Indemnity Agreement: I hereby release Spring Hill High School, its directors, and the camp employees from all claims on account of injuries which may be sustained by my son while attending the camp. I agree to indemnify Spring Hill High School, its directors, and camp employees for each claim that may hereafter be presented by my son as a result of such injuries. I also certify that my son is medically fit to participate in your program and grant permission for medical attention if needed during camp.

Parent/Guardian Signature: \_\_\_\_\_