



# BATTERY PARK

*A Sterling Reputation!*



**NEW SUMMER CAMPS**

# APRIL SIGNALS

“GOOD IS THE ENEMY OF GREAT. And that is one of the key reasons why we have so little that becomes great. We don’t have great schools principally because we have good schools. We don’t have great government principally because we have good government. Few people attain great lives in large part because it is just so easy to settle for a good life. The vast majority of companies never become great, precisely because the vast majority become quite good – and that is their main problem.” \*

## *FULL DAY SUMMER CAMPS*

### *INCLUDE REGIONAL TRANSPORTATION*

Excellence is not convenient. It is not easy. It is a clear choice. It begins with commitment. We believe these words and run our school accordingly. Each year we publish information that helps parents select value in summer camp training. The addition of travel baseball teams, increased summer games schedules, and the abundance of professional and non profit fundraising baseball camps offered affects the business of operating camps.

Historically, parents have chosen our summer camps (and for that matter all of our training programs) because of commitment to education; their children perform better.

Many parents are focused on convenience and day care to accommodate their hectic professional lives but do not want to give up the excellent training.

*This summer we have designed programs that give you both.*

Our camp programs will offer to you the excellent baseball training you have come to expect from us but will add ***regional transportation*** and a ***full day of activity***.

We will pick up your child and return them to three convenient shopping malls: ***Tysons Corner, Fair Oaks and Dulles Towne Center***. The day will start with a ***pick up at 8:30AM*** and end with a ***return to the malls at 3:30PM***. We will offer pitching, catching, and hitting courses and daily competitive games.

### ***CAMP DETAILS***

This summer Pinkman Pitching will conduct a new camp format that combines the three major components of baseball - Pitching, Hitting, and Catching. This ***POWERHOUSE Camp*** will

cover the most important aspects of all three areas: mechanics, tactics, mental and emotional preparation, strength and flexibility, nutrition, and athletic values. Students can choose to participate in a pitching or catching session from 9:00am to 11:00am. From 11:00am to 12:00pm all students will take part in PowerHouse hitting instruction. There will be a lunch break from 12:00pm – 12:30pm. From 12:30pm – 1:30pm hitting will be taught, games will be played from 1:30pm to 3:00pm.

**STUDENTS BRING THEIR OWN LUNCH.**

## **The PowerHouse Camps**

**Herndon - EDS field**

**July 12<sup>th</sup> to July 15<sup>th</sup>**

**Reston - South Lakes High School**

**July 19<sup>th</sup> to July 22<sup>nd</sup>**

## **Transition Camp**

**Reston - South Lakes High School**

**August 2<sup>nd</sup> to 6<sup>th</sup> 9am – 11:30am**

Each year one of our most popular camps is the Transition to the 90' Field in which we help players prepare for the jump from the 46 ft. mound to 50 ft. or 60 ft. mound. John Pinkman says ***"I CAN'T IMAGINE A 12 YEAR OLD PITCHER NOT ATTENDING THIS CAMP THIS SUMMER! BUT EVERY FALL WE HEAR... "MY SON SHOULD HAVE ATTENDED THAT CAMP!"*** It's like starting all over! Each year in the fall we see boys struggle with the changes in the rules and size of the big mound and field. This is a vital camp for 12 and 13 year olds. Learn the necessary information and skills such as holding runners on, pitching from the stretch, pick off moves and the dreaded "Balk" rule. These new skills are required to help you successfully make the transition from little league to prep and the fall season. Due to demand and specific type of instruction information, this camp may exceed 1-6 teacher to student ratio.

**[Check the website soon for online registration.](#)**

## ***Harvard Signs***

### ***Matt Riffee***

*Madison RHP Matt Riffee accepted an offer to attend and play ball at Harvard University. Matt, the third Pinkman Pitcher to pitch at Harvard, has been in our program for over six years. Coach Joe Walsh now has Pinkman Pitching programmed on his speed dial!*

*As a sophomore Matt helped Madison to the State Championship Title. It has not been easy for Matt. After being seriously injured twice in his high school career Matt battled back. He is a tireless worker and a magnificent student of the game.*

*If you think that the competition will be easier after Matt graduates, think again. His brother Mark, a sophomore who started for Madison last year, has more years to sear the Riffee name into Northern VA ball!*

## ***Tragic Loss***

On Friday, March 28<sup>th</sup> 2004 Mary Ellen Davis lost her battle to stage 4 melanoma cancer. A mother of four wonderful children and wife to Dave, this woman was the epitomy of what it meant to put other people first. She devoted her life to her family and arts and crafts. We wish the best to the Davis family and remember there is a 12 year old boy who is dedicating his season to his mother because she won't be in the stands this year.

## ***Capital Rehab Provides a Valuable Asset***

Pinkman Pitching would like to welcome Dr. James Matchett, our newest member of the Pinkman Pitching Professional Training Family. James operates The Capital Rehab practice in Sterling, a block from Costco. They provide excellent rehabilitation services using many appropriate medical modalities.

Dr. Matchett, the official chiropractor for the Washington Redskins, is joined by certified athletic trainers. We look forward to Dr. Matchett providing our students with vital

information on how we can prevent back-and more importantly-shoulder injuries with his intense workout programs.

**Contact Dr. Matchett at (703) 433-2540**

## ***2004 Winter Camps See Significant Results***

Another successful year of winter programs concluded in February when 300+ students from ages 8-66 participated in off-season training in pitching, hitting, and catching. We offered a variety of camps this year to provide diversity for all ages and skill levels.

The goal of many of our students is to attend college and participate in college athletics. As many of you in our extended family know, Pinkman Pitching has taken an active role in helping high school students further their education athletically and academically. We have assisted more than 80 young men and women reach that goal.

“College Prep”, our newest program, was introduced this winter. This program dramatically helped several high school aged pitchers get started on the difficult search for a collegiate baseball career. These are some of the students who trained with us this year who will try their hand in the collegiate ranks:

Paul Donaldson – Emory College  
Stephen Giese – Christopher Newport  
Evan Howell – University of Virginia  
Bryan Kidwell – Christopher Newport  
Matt Marcinek – Susquehanna College  
Matt Riffie – Harvard University  
Mike Schwimmer – University of Virginia

## ***Pinkman Pitching Heading to Florida***

Through the years Pinkman Pitching has been known to go above and beyond the expectations of a baseball training facility. In addition to teaching lessons at Battery Park we serve as advisor and mentor, and provide family support.

Joseph Bauserman, a senior at Lincoln High School in Tallahassee Florida, has been a student of ours since 1999. In his final year of high school, Joe is projected to be a 2<sup>nd</sup> or 3<sup>rd</sup> round draft pick in this year’s amateur baseball draft held in June.

John will be traveling to Tallahassee for technical support to secure Joe’s possibilities and improving his draft stock.

Pinkman Pitching can supply valuable in-season coaching assistance, knowledge and support. Whether you need support in the areas of mechanics, tactics, choosing an AAU team, dealing with the pressure of high school sports, or making a decision on which college to attend, Pinkman Pitching is always just a phone call away.

## ***PowerHouse Hitting Program Early Results***

As many of you know, Mike Epstein and his son Jake worked with us to conduct a hitting clinic this past September. Since then we have taken an aggressive approach to gaining more knowledge on how the best hitters in the game continue to be so successful, while so many youth league players continue to have the same struggles. What we found was many of the hitting techniques in amateur coaching today are not in fact used by many of the best major league hitters. It was actually the opposite. As Mike Epstein loves to preach, “Are we teaching what we really see?” With the help of the Epstein family we have brought our new hitting program to a new standard, as evidenced by the following examples:

- In their first weekend, **The Fairfax Patriots** 12 and under AAU team hit 12 singles, 5 doubles, 4 triples, and 1 home run. Their team batting average was .373, with the top 6 spots in the order hitting a combined .457.
- **Cory Flickinger**, a freshman on the Potomac Falls JV team, hit a double in his first at bat of the season.

- **Evan Anderson** of South Lakes, who used to hit primarily ground balls, hit his first homerun in an inter-squad game **360+ feet**.
- **Adam Sisson**, a junior on Potomac Falls Varsity who is batting .500, most recently went 3-6 with 2 doubles, hitting one off the 395 sign in centerfield.

Suzy Willemsen, who is a PowerHouse Hitting instructor as well as the West Springfield hitting coach, shares these stories about her students:

- **Tiffany White**, a freshman on the West Springfield Varsity, hit a homerun on only her **SECOND** pitch of her first at bat of her season/career on varsity.
- **Maria Sneed**, a member of Suzy's Blue Jays AAU team, has hit 2 homeruns and what many think may have been the first homerun at Robinson High School.
- Not to be outdone, **Jackie Raithel**, a member of the Robinson High School team, has hit a homerun as well.

***Congratulations to everybody... keep up the good work!***

PowerHouse Hitting had several students from ages 9-66 eager to see how the results would transfer to on-field performance. We also held winter camps that produced a number of students finally realizing the power that they were capable of. To find out more information on what you might be missing out on, visit our website [www.PowerHouseHitting.com](http://www.PowerHouseHitting.com)

## ***North Carolina Camps***

Pinkman Pitching will be heading south to New Bern, North Carolina for Easter week to teach a new camp combining the 3 major aspects of baseball – Pitching, Hitting, and Catching. We will follow the same Pinkman Pitching standard of instruction with a new format that will group pitchers and catchers together in a morning

session, followed by a joint hitting session in the afternoon.

## **Washington Post Features Pinkman Pitching**

The Washington Post recently dedicated a full page and color picture to Tom House and our program. We were very pleased with the accuracy and the professional writing. If you missed it there are copies to read at Battery Park. The Post joins CBS, USA Today (2 times), Baseball Parent, The Times Newspapers and Collegiate Baseball in reporting the progress of our program.

## **PitchingTV.com Provides Hours of Coach Training**

Pinkman Pitching has entered a new age of training with the launch of PitchingTV.com, a website that provides students - and more importantly - coaches with professional quality training at their fingertips. PitchingTV.com will be constantly posting new globeshows that will offer a variety of information on the ever growing world of pitching training. One of the site's most unique features is the capability to grant youth leagues a license in order to heighten the knowledgebase and effectiveness of youth team coaches. The days of volunteer coaches who know little about baseball and a lot about having fun are gone; the accountability of your child's coach is growing with each shoulder or elbow injury at the youth level. This is your league's opportunity to offer a system of requiring coaches to get involved with the training of your son or daughter. ***Don't miss out on a chance to get a leg up on the competition!***