



BATTERY PARK

A STERLING REPUTATION!

**Thanks DAD!
Happy Fathers Day**

JUNE SIGNALS

SUMMER CAMPS SCHEDULE

Once again this summer we will be conducting Basic Pitching (BP), Top Gun Pitching (TG), Transition to the Big Field (T), and Catching (C) camps. Based on the popularity of last summer's camps, we have added more locations this year, offering even more opportunities to learn. We will have additional staff to allow us to increase camp registrations while maintaining our devotion to quality. As always, your help in spreading the word is appreciated.

Dates and locations are:

July 7-10 Herndon/Chantilly - EDS Field (BP, C, T)
July 14-17 Reston - South Lakes High School (BP, TG, C)
July 21-24 Lower Loudoun - Washington Field (BP, T)
July 28-31 Alexandria - Hilltop Field (BP, T)
August 4-7 Falls Church Field TBA (BP, T, C)
August 18-21 Reston - South Lakes High School (T)

COACHES – you know boys who should attend catcher training. Remember your frustration during the season when a great pitching performance was ruined by a bad catching effort? Unlike pitchers, catchers need to be told to get help. Call them up and get them out!

Camps are \$150, and as always, your registration is confirmed with receipt of payment by check or credit card. Visit our website www.pinkmanpitching.com for complete details and registration information.

NEW SATELLITE LESSONS BEGIN MONDAY JUNE 23RD

We will offer private instruction across Northern Virginia for players who choose private lessons as opposed to attending camps. We have listened to parents and offer this service this year because we believe it will help parents by reducing travel time to Battery Park. All lessons will be scheduled through our normal scheduling process by calling Battery Park at 703-661-8586. Rates are the same as for lessons taught at Battery Park. Private or small group pitching and catching lessons will continue each week at each location throughout the summer.

Weekday lessons begin at 3, 4, 5, & 6:00PM

Mondays - Alexandria

Tuesdays - Arlington

Wednesdays - McLean

Thursdays - Great Falls

Sundays 9am-12pm –

McLean

Sundays 1pm-4pm -

Great Falls

PLEASE HELP US SPREAD THE WORD!

2003 COLLEGE PITCHING COACH CONFERENCE AND EXPOSURE DAY

Once again, the CPCC promises to be an exciting event. We have an outstanding group of speakers committed, a fascinating range of topics, and a large “classroom” to feature 3 days of superb training.

At this year’s conference we will also announce the College Pitching Coach of the Year, co-sponsored by Collegiate Baseball News and ChartMine Systems. This year’s award winner will receive a professional edition of the ChartMine Pitching chart, a pocket computer and an all-expense paid trip to the conference.

Sunday will feature an opportunity for local rising senior pitchers to perform bullpens for all attending college coaches. All 24 pitchers and catchers from last year’s conference moved on to college programs.

Our classroom will feature an indoor pitching lane for demonstration purposes. We have moved the conference to the Dulles Expo Center in Chantilly to accommodate a larger group. Even though this is called the “College Pitching Coach Conference”, all coaches will benefit from the information. **So please know that you are welcome to participate as well. We also hope your high school pitching coach can attend. Please feel free to invite him directly. You might suggest that team parents pay his registration fee.** Here’s why you should attend:

Topics

- Advanced Pitching Mechanics and Application
- Sore arm diagnosis and prevention and rehabilitation
- Bull pen drills
- Pitching coach & head coach relationships
- In season management
- New video analysis technology
- Computerized pitching chart analysis
- Mental preparation and conditioning
- Nutrition
- Vision training

Speakers

- Ray Thal, Orthopedic Surgeon and Redskins’ Team Physician
- Brent Strom, Director of Pitching Development, Expos
- John Pinkman, Pinkman Pitching
- John Lowery, University of Michigan
- Rob Smith, Purdue
- Mark McQueen, VCU
- Jennifer Gamboa, Physical Therapist, Body Dynamics
- Brendan Sullivan, Headfirst Baseball

Note: All players attending the exposure day must be rising seniors and be eligible to qualify to compete at some level of college ball.

Check our website for more details and registration information.

FOR IMMEDIATE ACTION

YOU CAN HELP BRING THE EXPOS TO NORTHERN VIRGINIA

At a recent luncheon, Bill Collins of the Virginia Baseball Club specifically detailed actions we can all take to help the effort to bring MLB to Northern Virginia. Your immediate active support is very important. Sparing you the intricate politics, MLB will make a final decision on the fate of the EXPOS within the next four weeks. We need to motivate the Governor to a higher public profile of support.

1. Email Governor Warner at www.governor.state.va.us/Contact/email_form.html or FAX him at 1- 804-371-2655 and ask him to publicly and forcefully advocate the selection of Northern Virginia as the new home of the EXPOS. (You might also mention that the Commonwealth, Fairfax and Arlington Counties spend millions searching the world to convince businesses to move to VA. Baseball business is coming to us – knocking on our door – why not let them in?)
2. Contact your local state representative and present the same information.

3. Go to www.virginiansforbaseball.com
You will find links to several active polls.
VOTE
4. Join Virginians For Baseball, the official fan club

Pinkman Pitching has been a major source of support in the process of bringing MLB to VA

since 1996. We will continue to keep you informed when we have important information. Our newsletter goes to over 1200 very involved baseball families. Help the team spread the word.
Remember, each member of the family can vote!

MIKE EPSTEIN TO VISIT BATTERY PARK

We are very pleased to announce that Mike Epstein will be teaching at Battery Park this fall. A former Washington Senator, Mike is now one of the most famous hitting coaches in the game. Trained by his mentor, Ted Williams, Mike takes a dramatic but scientific approach to hitting, much like Tom House has done with pitching. In fact, they share the same research facility – the Biokinetics lab in Utah.

Mike is the former director of hitting development for the San Diego Padres. Like John Pinkman, he writes for Collegiate Baseball. For more information about Mike, visit his website www.mikeepsteinhitting.com

Mike will give a 2-hour lecture (at a location to be named) on Friday night, September 12. On Saturday the 13th he will conduct 2 player instruction sessions. There will be a morning session (9:00am to noon) and an afternoon session (1:00pm to 4:00pm). Each 3-hour session is strictly limited to 15 players. If necessary, he will conduct 2 more sessions on Sunday. There is also a possibility he can offer private lessons early the following week. Hitting sessions are \$150 per player. Coaches may attend the hitting sessions for \$35 each session, and the Friday seminar for \$35.

Registration for the seminar and hitting sessions is on a first come basis. This event will be advertised throughout the mid-Atlantic region. We already have registrations from outside our area, so get those registrations in early!

Season Tickets for MLB in Northern Virginia

It's time to start thinking about it! Pinkman Pitching is considering a pro ball club. Through this "ticket" club we would buy a block of great seats at the new stadium. Not everyone can attend every home game, but working together we could obtain excellent "club" level season seats. We would administer the program from Battery Park.

If you are interested call and put your name on the list. We will meet in the future as a group and decide on club plan details.



Leigh Roberts, John Pinkman, Jenifer Gamboa, Dr. Ray Thal

50 ATTEND MEDICAL SEMINAR

Our 1st joint baseball/medical seminar was a big success. 50 doctors and physical therapists joined us at Fairfax Hospital on April 29th for this seminar entitled “The Biomechanics of Throwing, which was approved for 3 hours of continuing education credit.

Dr. Ray Thal, team doctor for the Washington Redskins, detailed shoulder and elbow physiology, pathology, and new surgical techniques. John Pinkman spoke on the biomechanics of throwing and potential arm injuries created by certain motions. They were joined by Jennifer Gamboa and Leigh Thompson of Body Dynamics, who spoke on professional collaboration and rehabilitation.

One of the goals of the seminar was to increase communication between the medical and baseball communities. That process will definitely benefit our players.

Our Alumni -- College and Pro Ball Players

We are proud to publish the following list of pitchers and catchers we have helped move on to collegiate or professional programs. We are pleased to have joined their family members, high school and recreation coaches and in this educational process. We feel honored that each and every person on this list came to us to ask for our help in developing their personal careers through our training programs. If your name is overlooked, please call us immediately.

Please remember, no one gets you in to college--- you get you in! You do that by creating the commitment and persistence to endure the years of preparation and study. The Pinkman Family is always here to help. You can depend on us for consistent support. The following names should be motivating. These men and one woman are role models who should inspire you. By their example you can realize your own personal achievement and great success. We hope to add your name to this honor team.

Player

College/Pro Team

	Player	College/Pro Team
Lucas	Balderson	Mary Washington College
Todd	Boessen	UNC Chapel Hill
Chad	Bray	Greensboro College
Patrick	Brown	James Madison University
Jake	Bruton	Harvard University
Scott	Byers	Salisbury State University
Michael	Clemens	Garrett Community College
Chris	Cochran	James Madison University
Chris	Coffman	Mary Washington College
Kevin	Costello	Bridgewater College
Joe	Covington	Mary Washington College
Ben	Curtis	Virginia Tech
Eric	Davis	Old Dominion University
Peter	Dean	Washington and Lee University
Asher	Demme	Atlanta Braves
Jeff	Dinwoodie	George Mason University
Michael	Elias	Yale University
Brett	Farley	Yale University
Danny	Finklestein	University of Pennsylvania
Alex	Fisher	Harvard University
Matt	Foley	Virginia Tech
Joe	Foote	Minnesota Twins

	Player	College/Pro Team
Chris	Galambus	Greensboro College
Stacen	Gant	George Mason University
Adam	Gardner	Pomona College
Mike	Genovese	George Mason University
Jordan	Ghrist	University of Virginia
Jake	Gieger	James Madison University
Matt	Gouker	Lynchburg College
Doug	Hegen	Ferrum College / Boston Red Sox
Seth	Heller	Grinnell College
Dan	Horn	TBA
Jason	Jager	Mary Washington College
Steve	Jones	Emory University
Greg	Jones	Ithica University
T.J.	Kidd	Emory University
Joe	Koshansky	University of Virginia
Patrick	Kris	University of Pennsylvania
Brian	Laniak	Elon College
Ethan	Lare	Pitt Community College
Nate	Larkin	Shippensburg College
Jon	Link	Virginia Commonwealth University
John	Maine	UNC Charlotte
Mitch	Maley	James Madison University

	Player	College/Pro Team
Sam	Maslin	University of Pennsylvania
Patrick	McNair	Houston Astros
Jon	Metzger	University of Virginia / Kansas City Royals
Jason	Micari	Rochester Institute
Mike	Mlotkowski	University of Florida
Scott	Myers	Lynchburg College
Andy	Myers	Franklin and Marshall
Matt	Neal	Presbyterian College
Jon	Nolan	St. Bonaventure University
Chris	Null	Hamden Sydney
Jeff	Pinkman	University of Delaware
Patrick	Pinkman	Virginia Tech
Mike	Pullen	Christopher Newport College
Ben	Reade	Air Force Academy
Brett	Rembold	George Mason University
Lara	Rodriguez	University of Virginia Softball
Matt	Ryan	George Washington University
Ben	Sheppard	William and Mary University
Brett	Shumate	Furman College
David	Speirs	Christopher Newport College
Morgan	Spencer	Springfield College
Shooter	Star	University of Virginia

Player		College/Pro Team
Brendan	Sullivan	Brown University
Tim	Swain	University of Pennsylvania
Matt	Tiani	William and Mary University
Nick	Tracy	Frostburg State
Jack	Van de Reit	Greensboro College
Hendrick	Van Der Vart	William and Mary University
Will	Van Der Vart	University of Pennsylvania
Danny	Watkins	Virginia Commonwealth University
Nick	Worman	University of Virginia
Brian	Winings	University of Pennsylvania