



Summer Skills Camp New Camp Structure

The Pinkman Baseball Academy will be offering an all around skills camp this summer. Last year we concentrated on just pitching, catching, and hitting, and due to more students wishing to attend this year we want to broaden the spectrum of information and create an all encompassing skills camp.

Instruction will still include pitching, catching, and hitting. We will also include both infield & outfield skill development, base running, basic throwing instruction, and the much anticipated and very competitive Pinkman Homerun Derby.

Camp sessions will run from 9am – 2:30pm Monday thru Thursday. We will be offering transportation from Dulles Towne Center Mall, Fair Oaks Mall, and Tyson’s Corner Mall. Vehicles will leave for the field at 8:30am and return after camp ends at 3:15pm.



Daily Bull Pens with Coach Strom

Spring Training with the Nationals
Story on Page 4

**Hitting Mentor
Program to be
Announced
in June**

Pinkman Baseball on Weekly TV Show

For years Pinkman Baseball Academy has used video analysis to help get our students results. Each week one of the Pinkman instructors will be doing video analysis for the new television show “Inside Pitch” with Joey Kamide on the Fairfax Sports Network on Cox channel 10. Each week we will analyze different local and professional players and show the viewers why these guys are so good. From hitting to pitching we will dissect the mechanics that make local players as well as professionals perform the way they do. Tune in Thursdays at 8:00 pm, and Fridays at 2pm to see what the buzz is about.

HS Game of the Week on TV

If you thought you heard familiar voices on Fairfax Sports Network's Game of the week (Oakton vs. Westfield) recently you were right. John and former HS coach Ron Tugwell brought their vast expertise and professionalism to the screen. Their play by play analysis and color commentary were entertaining and sparked the production with detailed game strategy and tactics.

They did so well that they were asked to participate in the play by play for the Games of the Week for the remainder of the season. They had Baltimore Orioles scout Ty Brown in the booth and got some very good insight into what it takes to play professional baseball. Patrick also joined Ron and John for the last few innings to help them wrap up the 10 run inning Oakton put up to take the lead in the 6th inning. Westfield scored 1 run in the 7th but it wasn't enough; Oakton won with a final score 11 – 6.

On another note, three of the pitchers that appeared in the game received training from Pinkman Baseball Academy - starters John Lloyd (Westfield), Bryan Kidwell (Oakton), and the winning relief pitcher Benji Kagan (Oakton). It's hard to go to a HS baseball game and not see a Pinkman Pitcher. The schedule is a bit spotty. The next scheduled game will be played Friday May 20th.

Games shown on Cox Fairfax and Comcast Reston (both CH 10) Sun 8pm/Tues noon; Comcast Manassas and Woodbridge (both CH 3) Wed 7:30pm.

Would you like to see more HS Baseball Games on TV? Call the show's producer *Brian Nern* at 703-295-4769 and show your support!

Big Time Hits

As many of you know, Pinkman Baseball Academy is aggressively providing hitting instruction with our Power House Hitting program. For a couple of years many players have been criticized for the NEW rotational swing...mainly from coaches who don't understand it.

That's changing rapidly. Why? Success!

Our students are getting quicker results and more in-game success than even we expected. Several of our hitters have told us how they have never hit the ball this far. Here are a couple of stories:

- Jonathan Mason, 13 year old, hit 5 triples in one weekend
- Cory Flickinger, HS Sophomore Potomac Falls, hit his 1st homerun. He is 5'10"145 lbs.
- Gabe Rust-Tierney, HS Sophomore G-Town Day has the highest on-base % and has hit 3 homeruns, 2 to the opposite field...and the critics say you can't hit to the opposite field!
- David Towarnicky hit his way to being named one of the top 25 Juniors in NC.
- Mike Walker a Freshmen at Fork Union, hit a 395 foot homerun after a tune up lesson with Pat.



Brandon Snyder's home run swing – A Pro prospect from Westfield's HS. Despite claims by many coaches to the contrary, as you can see, Snyder (who is not one of our students) is a pure rotational hitter. Snyder was analyzed by Jeff on our video system for "The TIP of the WEEK" on Joey Kamide's InsideHS Baseball

I'm Tired of Being Frustrated – But I'm So Busy Being Frustrated I Can't Take Time To Fix It!?

This spring we introduced The Pitching Mentor Program. The news of the program, which had been suggested by parents for many years, was heralded by many. Year after year parents complained to us about the lack of training support at the high school level. But in reality it has gotten off to a slow start. Therefore we assume that everyone not in the program is satisfied with their pitching coach instruction. We know that can't be true because some teams have no pitching coach at all.

We've been told they are too busy. There's no time. Here's the problem - nothing will change unless you take action to change it. You can't just stew in frustration. Admittedly, high school baseball is a very short season. We know that your schedules are tight.

But here is the problem. The life of the HS pitcher is very different these days. The biggest problem is that after decades of not enough opportunity to play we have evolved into an environment of all play and no practice. No time to figure out what went wrong or what went right. No time to improve, experiment, and develop. What is the point of playing game after game and failing in the same manner?

Parents and players who are participating in the Mentor Program have had a great experience. We have too. It provides the hands on coaching at the point in time when it's most valuable. The information shared, problems discussed and the plans created are immediately implemented into the next game. The structure of support is

reassuring. We hope that you take the opportunity to enroll this summer.

Personal Pitching Journal Progress

Well how's it going? Let us update those parents who are wondering what we are talking about. At the end of the High School Winter Program we gave about 100 pitchers who requested one, a customized Personal Pitching Journal that we had printed. The Journal creates a structure and action plan so that a student athlete can take more responsibility for his craft and includes strategic and practical information for 11 games. Each player was given one at no charge if he assured us that he would make a commitment to use it.

The Journal creates a format for a written game plan, game review, identification of biggest success, and biggest challenge, based on the review a new plan for the next game. It also provides a method of structuring practice time for preparation and a section to note the people required to help the student athlete succeed that week.

Parents who understand the concept of management by objectives should particularly appreciate this strategic self help opportunity. Parents who are involved with their sons' pitching may want to investigate this a bit closer by inquiring "how's it goin'?"

College Signings

Congratulations to our following students on achieving the ultimate goal!

**Kyle Baumann, Chantilly HS – Christopher Newport
Ben Jennings, South Lakes HS – Salisbury State
Greg Saville, St. Johns HS – Wake Forest University
James Robinson – Bethany College
John Lloyd, Westfields HS – Radford College
Jared Campbell, Lake Braddock HS – Frostburg Col.
Evan Fredrickson, Oakton HS – VA Tech**

We apologize, if you have signed (or know some one who has signed) and your name is not on this list. Please contact us so we can spread the word!



Each day starts with a 45min warm up including the stretch cord line

Nationals Spring Training

John returned from his week in Viera, FL with a good understanding of the Nat's Minor League system. John was invited to join the team for the minor league pitching and catching camp in early March a week prior to all players reporting. The Clinic was run by Brent Strom, our friend and director of pitching development for the Nats. Brent is possibly the best pitching instructor in professional baseball.

The Nats welcomed John and made him feel a part of the organization. His visit had two main purposes. As a student he would study the new training concepts that Brent was teaching. As a consultant John could bring the latest video analysis technology and information to the Nats.



Warm up drills should look familiar to our players

John arranged for Mark Connell, CEO of JC Video, to fly in. Together they met with Lee MacPhail, Director of Baseball Administration. John and Mr. Connell were able to develop a system that would create a web based video server. Each coach in the Nats organization could capture video and share it through the web with any other coach in the organization.

The under-manned scouting system would be able to link back to DC with wireless modems and provide video images of prospects before they left the field. JC Video offered an initial \$50,000 of software FREE and if utilized an additional \$50,000 in the future. That's a total of \$100,000 of free software! John would serve as the training coordinator for the project. MacPhail was very excited about the opportunity.

But, this will be hard for you to take. That meeting occurred March 2. They are still thinking about it.



Catching Instructor (left) & Potomac Nationals Manager, Bob Henley work specifics with rookie catcher and former Miami Hurricane, Erick San Pedro (squatting far right)

Brent's day started in the office at about 6am with organizational meetings. John was thankful that he did not have to join them on the field until 9am. The intense baseball day would end at 5. Totally engaged, John and Brent continued baseball talks over dinner.

Potomac Nationals Manager and Nats organization catching coach Bob Henley, Potomac Pitching Coach Ricky Bones and Mark

Grater of the Savannah Sand Gnats (low A) club provided the instruction. 75 pitchers and 18 catchers were rostered in the minors for spring training. Each player received quite a bit of personal attention. Most all of them good men you'd like.



Director of Pitching Development, Brent Strom who has visited our Academy several times, is a hands-on instructor. Here he is teaching a weight forward drill.

John spent several years in spring training with the Cleveland Indians and could compare the two organizations. There is always tension in camp because each day players are evaluated. Those

decisions determine the future or the end of many careers. Viera had much less nervousness. Perhaps the excitement of becoming the Nationals and leaving the dead end Expos created a bond and heightened team spirit. Players were having fun and working hard seven days a week.



As you can see, Viera, FL. and Sun Coast Stadium is in the middle of nowhere, but only 40 minutes from Orlando. The main road to the stadium is a whopping 2 lanes. Fans begin to arrive at 10:30 AM for a 1:30 game.

ACADEMY PRO SHOP

As the summer season approaches, so does the need for new equipment. As you know we pride ourselves on carrying professional grade equipment. Here are some of the newest Pro Shop items that are on sale for the upcoming season.

End of School Pro Shop Sale

****Buy one Bat or Glove and get \$5 off Under Armour Batting Gloves****

Buy any Bat and Glove together and get a pair of Under Armour Batting gloves for FREE!!

In-stock Demarini Bats:

[\(Don't see what you want? Contact Jeff in the Pro-shop and place an order. Add \\$5 to sale prices for special orders.\)](#)

*New 2006 Vexxum	2005 Vexxum	2005 Diablo
33"-30oz (-3) \$240	33"- 30 oz (-3) \$200	33"-30oz (-3) \$80
32"-27oz (-5) \$210	31"- 22.5oz (-8.5) \$150	
31"-26oz (-5) \$210	31"- 22.5oz (-8.5) \$150	
	31"-22.5oz (-8.5) \$150	

In-stock Akadema Gloves (RH – Right hand throw / LH – Left hand throw)

[\(Don't see what you want? Contact Jeff in the Pro-shop and place and order. Add \\$5 to sale prices for special orders.\)](#)

Professional Series Right Hand Throw Pitcher/Infielder/Outfielder Orig: \$160

11 ½" AJO-9 – 3 in-stock *sale price \$125*

11 ¾" ABF-4 – 2 in-stock *sale price \$125*

11 ½" AMB17 – 1 in-stock *sale price \$125*

13" AMJ-27 – 1 in-stock *sale price \$125*

Right Hand Throw Catchers Mitt

33" APM-40 Pro Series Praying Mantis – 2 in-stock *sale price \$125*

33" ASM-149 Pro Series Tan – 1 in-stock **sale price \$100**

33" APP-240 Pro Soft Series Praying Mantis – 1 in-stock

** sale price \$75**

Professional Series Left Hand Throw Pitcher/Infielder/Outfielder Orig: \$160

11 ½" AJO-9 – 1 in-stock *sale price \$125*

13" AJS-24 – 1 in-stock *sale price \$125*

Fast Pitch Series Orig: \$105

RH – 12" AJB-74 – 2 in-stock **sale price \$75**

LH – 12" AJB-74 – 1 in-stock **sale price \$75**