



Woodson & West Springfield
High School Prep and Little League Camp

Sponsored by W.T. Woodson Athletic Boosters

Week 1: July 10-14

Week 2: July 17-21

Hours: 8:00am – 1:00pm

Location: Woodson High School Varsity Baseball Field
9525 Main Street
Fairfax, VA 22031

Participants: Ages 8-14 including Rising 7th – 9th Grade Prospective High School Baseball Players

Lead Instructors: Brett McColley – Woodson HS Head Baseball Coach
Jason Olms – West Springfield HS Head Baseball Coach

Cost: \$265/per player for one week, \$500/two siblings for one week
\$500/per player for both weeks, \$950/two siblings for both weeks

Registration: Register at wtwcamps.com (click on the baseball tab)

Wear: Baseball Pants, Spikes, Belt, Hat, Baseball Socks

Bring: Glove, Bat, Batting Gloves, Athletic Cup, Sunscreen, Water

Lunch: Bring your own lunch **OR** pizza, drinks, and snacks will be available for purchase each day.

Purpose: The purpose of the Woodson & West Springfield High School Prep Camp is to prepare middle school baseball players for competitive high school baseball programs. The biggest difference between the middle school and high school level is the speed of the game. This camp will emphasize fast paced drills which simulate high school game speed to help middle school ballplayers with this transition. Camp instructors will provide detailed instruction in all aspects of the game, including individualized feedback for player improvement.

Baseball Philosophy: The Woodson and West Springfield Baseball Programs believe in playing baseball the way it was meant to be played. Camp participants will hustle everywhere on and off the baseball field. Camp participants will also compete at all times, including games, drills, and competitions. Participants will come to camp each morning with a positive attitude, be willing to make adjustments, and be committed to listening to and learning from the coaching staff. Baseball is one of the toughest mental sports to play in the world, and this camp will provide a discussion about the mental side of the game on a daily basis.

Hitting Philosophy: The Woodson and West Springfield Baseball Programs stress the importance of bat speed. A short, compact path to the baseball increases bat speed. Since the beginning of the 2012 season, all high school players are required to swing BBCOR bats and home runs across the region decreased drastically the last 3 seasons. BBCOR bats make a shorter, quicker path to the ball even more essential. This camp will focus on getting into a good hitting position and remaining balanced throughout the swing. Instructors will also introduce techniques for tracking and timing the baseball, two of the most undervalued physical aspects of hitting. There is no shortcut to becoming a good hitter at the high school level. A good hitter must work hard on his craft, be strong mentally, and compete at the plate every at-bat.

Pitching Philosophy: The Woodson and West Springfield Baseball Programs prioritize command as the most important ability in a pitcher's skill set. Movement and velocity are helpful, but ineffective without command. Pitchers must be capable of consistently repeating their delivery in order to possess a solid command of their arsenal. Repetition of a pitcher's delivery is reliant upon balance throughout the motion, which results in a consistent release point. A very small percentage of high school pitchers ever touch 90mph on the radar gun. There is no trick for a pitcher to increase velocity. Velocity can only be increased with time, hard work, and a lot of running, core strengthening, and long toss.

Defensive Philosophy: Even though defense has been devalued in Major League Baseball, defense is invaluable at the high school level. The old adage, “if you can hit, they will find you a position” does not apply anymore, especially considering the new BBCOR bat restrictions which produces lower scoring games. There is only one DH per lineup, so limited defensive ability translates into limited playing opportunities at the high school level.

Baserunning Philosophy: Baserunning is the most underrated aspect of the high school game. The BBCOR lower scoring games have also placed even more importance on baserunning at the high school level. Competitive high school baseball programs value speed and quickness and use it to their advantage on the basepaths. However, speed and quickness are not requirements to being a great baserunner. Players who study the game, practice baserunning with a purpose, and learn from experience will become good baserunners. With the high school re-entry and courtesy runner rules, strong baserunners will earn more opportunities for playing time.

Video Analysis: Each player’s swing and pitching delivery will be recorded and analyzed on video by either Coach McColley, Coach Olms, Coach Schutt.

Daily Camp Schedule:

8:00 – 8:05	Opening Remarks
8:05 – 8:20	Running/Dynamic Stretching/Plyometrics
8:20 – 8:35	Daily Baserunning Exercise
8:35 – 8:40	Water Break
8:40 – 8:55	Throwing Progressions
8:55 – 9:25	Position Specific Defensive Work
9:25 – 9:30	Water Break
9:30 – 10:00	Team Defense
10:00 – 10:05	Water Break
10:05 – 11:00	Hitting Stations
11:00 – 11:30	Lunch
11:30 – 11:40	Mental Game of Baseball Discussion
11:40 – 12:55	Games
12:55 – 1:00	Closing Remarks

Coaches' Bios:

Brett McColley:

Brett has coached 12 years at the High School baseball level. He was the Head Baseball Coach at Lee HS for 4 seasons from 2008-2011. He is a 1999 Robert E. Lee High School graduate and a 2003 graduate from Lynchburg College with a degree in Health and Physical Education. At Lynchburg College, Brett was a pitcher for the Hornets for 4 seasons. His additional coaching experiences include multiple Northern Virginia camps, clinics, and teams. He spends his summers playing semi-pro baseball for the Industrial Baseball League of Northern Virginia (IBL).

Brett has been teaching Physical Education for 12 years in Fairfax County. Brett has coached baseball at Woodson for six seasons including last three seasons as the Head Baseball Coach for the Cavaliers.

Jason Olms:

Jason grew up in the West Springfield area and graduated from West Springfield High School in 1994. Jason played at West Springfield under legendary coach Ron Tugwell where he earned All-District, All-Region Honors at 3B his senior year. Jason received an academic trustee scholarship and played baseball at Principia College, an NCAA Division III school in Elsah, IL. He earned SLIAC All-Conference Honors at SS three consecutive seasons from 1996-1998. After graduating from Principia College, Jason continued his baseball career abroad as a professional player/coach in Germany and Austria from 1999-2003. In 2004, he became the Assistant Varsity Coach at West Springfield. The Spartans won the Patriot District Championship in 2005. Jason was promoted to Associate Head Coach in 2006. During Jason's tenure as hitting and infield coach, the Spartans won the Patriot District, the Northern Region, and reached the State Semifinals in 2009. In 2010, West Springfield was the Northern Region and Virginia AAA State Champions. The 2010 Spartans hold the second highest team batting average in the history of the storied program at .368 while Jason was the hitting coach. Jason was named West Springfield Head Coach in 2012 and in his first year at the helm, the Spartans won the Northern Region Championship. In 2014, the Spartans won both the Patriot Conference Regular Season and Tournament Championships. Jason was also named Patriot Conference Coach of the Year in 2014.

Jeremy Schutt:

Jeremy is a graduate of Shenandoah University where he was honored as an NCAA All-American, was the first player in school history to have his number retired, and was inducted into the Shenandoah University Athletic Hall of Fame in 2012. At Shenandoah, Jeremy achieved these honors: the NCAA Batting Title, Offensive Player of the Year for Division III (.506 avg.), the USA South Triple Crown (.506 avg, 15 HR, 67 RBI's) and set the record for Highest Career Batting AVG in the USA South Conf. (.423). He garnered many school records (AVG, SLG %, On-Base %, HRs, RBIs, hits and total bases) and still holds school marks in four of these categories. Jeremy has coached for many area HS baseball programs including: West Potomac HS, Hayfield HS (where he helped lead the Hawks to a school record 17 wins) and Bishop Ireton HS where he helped lead the Cardinals to the school's first ever WCAC Championship game. He has also coached and managed numerous travel teams for all skill levels, including college players in the Clark Griffith League. Jeremy has coached at West Springfield for five years and was the West Springfield HS Pitching Coach during back-to-back Region Championships in 2009-2010 and the Virginia AAA State Championship in 2010. Jeremy is now the Hitting Coach for the 2012 Northern Region Champion and 2014 Patriot Conference Champion Spartans.

Chris Nolan:

Chris is entering his third season as the Head JV Baseball coach at W.T. Woodson High School. This will be his 12th year coaching High School baseball. All 10 years he has served as the Head JV Coach and serving as a Varsity Assistant after the JV season is completed. He was a Volunteer Assistant for 3 years at Catholic University of America (CUA). Prior to that he coached at the youth and travel levels for over 15 years.