



HERNDON High School BASEBALL CAMP—Summer 2003 A Developmental Camp



2 Sessions Available

June 23 - June 26 / June 30 - July 3

Camp Mission:

Our goal is to help boys and girls ages 6 to 14 with the game of baseball. Our camp is for children who are just learning the sport as well as for those trying to improve their skills. We strive to provide a safe and fun environment!

When:

JUNE 23 - JUNE 26 June 30 ~ July 3
(June 27 – Rain Date) (July 5 — Rain Date)

9:00 A.M. - 2:00 P.M.

Where:

Herndon High Baseball Field

Camp cost \$110.00 (per week)

Sponsored by the

Herndon High School Sports Booster Club

Camp Director:

Alan McCullock

Head Baseball Coach HHS
'95, '02 Coach of the Year

Camp Counselors:

Asst. Coaches HHS

John Yates, Chris Smith, Jeff Alton
&

Former HHS and Current
Collegiate Players.

Players that have been counselors:

Blair Dehart (JMU, San Diego Padres)

Greg Miller (JMU, Atlanta Braves)

Mark Ruffert (UVA, Detroit Tigers)

Rich Thompson (JMU, Toronto Blue Jays)

Ben Curtis (VA Tech)

Tommy Merial (Mount St Mary's)

Doug Heagen (Ferrum)

Jason Allen '99 Va All State Selection

Jordan Ghrist (UVA)

Nate Larkin (Shippensburg)

Brain Chevalier (Shepard College)

Typical Day at Camp

- 9:00 - 9:05 Roll call
- 9:05 - 9:15 Warm-up – stretch
- 9:15 - 9:30 Throw
- 9:30 - 10:15 Out field drills
- 10:20 - 11:05 Infield drills
- 11:10 - 12:00 Hitting drills
- 12:00 - 12:35 Lunch (Pizza available for \$1.25 slice,
and Gatorade \$1.50)
- 12:40 - 2:00 Team play and games



District Champions

'75 '95 '96 '98 '02

Regional Champions

'95 '96

FOR INFORMATION CONTACT COACH MCCULLOCK AT 703-810-2242
REGISTRATION FORMS ALSO AVAILABLE AT THE HERNDON
COMMUNITY CENTER. AND HERNDON HIGH SCHOOL