

**2023  
Pensacola Catholic  
High School**



**CRUSADER  
BASEBALL CAMP**

**BOYS AGE 5-14**

**Session I: June 5 - 8**

**Session II: June 12 - 15**

**9:00 A.M. to Noon**

**Pensacola Catholic High School  
3043 West Scott Street  
Pensacola, FL 32505  
(850) 436-6400 ext 112**

**[rlabounty@pensacolachs.org](mailto:rlabounty@pensacolachs.org)**

**MEET THE COACHES**

**RICHARD LaBOUNTY - Head Coach**

The Hall of Fame Coach returned to the field this year after a 6 year hiatus. As a baseball coach for 34 years, Coach LaBounty accumulated 717 wins and 228 losses. Currently he is the leader in wins for active baseball coaches in the State of FL. The highly successful coach helped lead his Crusaders to a berth in the Final Four - 12 times. His Crusaders were State Runner-Up in 2004, 2011 & 2014...but in 2003, 2012 & 2013 he helped Catholic High win the State Championship. The 2013 Team was named "National Champions" by 4 different publications including USA Today. He has been named NW Florida Coach of the Year 9 times and in 2003 & 2013 he was selected as the State of FL Coach of the Year. USA Today named him "2013 National Coach of the Year".

**COACHES / CAMP COUNSELORS**

**Jak-y Kohr  
Trey Halstead  
Keith Haynes  
Troy Fauchaux  
CHS Current Team Players**

**TUITION \$125.00**

***Includes a camp T-shirt***

***CRUSADER BASEBALL CAMP REGISTRATION FORM***

I waive and release the Crusader Baseball Camp and Catholic High School from any and all liability from injury or illness incurred during participation in the Crusader Baseball Camp. I as parent/guardian, have actual knowledge of and appreciate the particulars of the program and hereby voluntarily consent to said minor's participation, and assume the risks arising therefrom. I hereby give my permission for emergency medical treatment in the event I cannot be reached.

Date \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_

Student Name \_\_\_\_\_ Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Grade in Fall '23 \_\_\_\_\_

(Please circle one) Youth T-Shirt Size S M L XL Session(s) you wish to attend (please circle) I II  
Men's T-Shirt Size S M L XL

Parents' Names \_\_\_\_\_ Most Available Ph # \_\_\_\_\_

Please complete this form, detach and return with the \$125 tuition to Richard LaBounty, Catholic High Baseball Program, 3043 W. Scott St., Pensacola, FL 32505. **Checks, Money Orders, or Cash payable to Richard LaBounty.** Severe inclement weather may be the cause for a camp day to be cancelled.

# CAMP OBJECTIVES

To teach the proper techniques and fundamentals of all phases of baseball, including: stretching, throwing, hitting, pitching, position playing, base running, team defense, and team offense.

## WHAT TO BRING

Glove or mitt, sneakers, spikes or cleats (optional), and favorite bat (optional).

## TYPICAL DAY

9:00 - 9:15 a.m. Stretching & throwing  
9:15 - 9:25 a.m. Base running  
9:25 - 10:00 a.m. Position fundamentals  
10:00 - 11:00 a.m. Hitting Stations  
11:00 - 11:15 p.m. Break  
11:15 -12:00 p.m. Controlled Game

## CONCESSION AVAILABLE

**LIMITED REGISTRATION  
ON A FIRST COME,  
FIRST SERVED BASIS**

Contact Coach LaBounty

Cell: (850) 696-9636

School: (850) 436-6400 ext. 112

Email: rlabounty@pensacolachs.org

**Severe inclement weather may be the cause for a camp day to be cancelled.**

### OUTFIELD PLAY

Basic throwing  
Basic catching  
Defensive stance  
Movement & angles  
Fly ball work  
Ground ball work  
"Jumps"  
Judging the ball  
Backing-up

### SECOND BASE

Basic fielding  
Basic throwing  
Positional throwing  
Basic 2<sup>nd</sup> base knowledge  
Basic short stop knowledge  
Covering first base  
Run-downs  
Relays  
Tagging the runner  
Double-plays  
as the lead fielder  
the middle-man  
Situation work

### THIRD BASE

Basic fielding  
Basic throwing  
Positional throwing  
Basic 3<sup>rd</sup> base knowledge  
Run-downs  
Relays  
Tagging the runner  
Playing the bunt  
Double-plays  
Situation work

### FIRST BASE

Basic fielding  
Basic throwing  
Positional throwing  
Basic 1st base knowledge  
Receiving  
Fielding pitches  
Double-plays  
Run-downs  
Playing the bunt  
Cut-off work  
Tagging the runner  
Situational work

### SHORT STOP

Basic fielding  
Basic throwing  
Positional throwing  
Basic short stop knowledge  
2nd base knowledge  
Covering second base  
Run-downs  
Relays  
Tagging the runner  
Double-plays  
as the lead fielder  
as the middle-man  
Situation work

### HITTING & BUNTING

Basic Fundamentals  
Stance  
Swing  
Follow through  
Knowledge of the strike zone  
Knowledge of pitching style & pitches  
Timing  
Aggressiveness in hitting  
Bat selection  
Opposite field hitting  
Understanding hitting duties  
Adjustments in hitting  
Off-season work  
Sacrifice bunting  
Drag & push bunting  
Getting away from the plate  
Anticipation

### BASE RUNNING

Basic running  
Base running  
From each base & around the bases  
Lateral  
Backwards  
Breaking & leading  
From each base  
Returns  
Receiving signals  
Tagging-up  
Aggressiveness  
Sliding  
Basic bent leg slide  
Variations of basic slide  
1. Pop-up 2. Straight-in  
3. Backdoor 4. Tag bag with hand  
5. Breaking up a double play

### INFIELD PLAY

Basic work  
Throwing  
Catching  
Defensive stances  
Readiness Set  
Movements  
Lateral Backwards  
Charging Angles  
Pop-up work

### CATCHING

Basic stances  
Signal giving and receiving  
Working with the pitcher  
Understanding hitters weaknesses  
Basic hitting knowledge  
Basic pitching knowledge  
Receiving a pitch  
Basic stance  
Basic fundamentals  
Movements Blocking wild pitches  
Pitchouts  
Throwing  
Basic fundamentals  
To first base  
To second base

### PITCHING

Grips  
Communicating with signals  
Wind-up  
Pump Layback  
Delivery Follow-through  
Stretch  
Set Position Layback  
Delivery Follow-through  
Concentration and relaxation  
Holding runners on bases  
Control and accuracy  
Throwing to bases  
Understanding hitters weaknesses  
Pitchout work