



2024

SETH LONSWAY

Pitching Camp



Ohio State All-American and San Francisco Giants pitcher Seth Lonsway will conduct a 2-day pitching camp designed to emphasize proper pitching mechanics and a solid throwing program for personal skill development.

Pitchers will go through a series of drills breaking down mechanics, core/shoulder work, flexibility and stability, pick-offs, PFP and mental approach.

- Ohio State University Alum
- 4-year starter and All-Big Ten Conference Pitcher
- Big Ten Strikeout Champion in 2019
- Selected in the 6th round by the San Francisco Giants

WHAT TO BRING TO CAMP: BASEBALL PANTS, T-SHIRT, HAT, GLOVE, TENNIS SHOES, WATER BOTTLE AND SNACK.

\$65

PER PLAYER

DECEMBER 14-15, 2024

AGES: 13-18

1PM - 3PM (CHECK IN 12:30)

MORE INFO CALL: 937-423-3053

Register Online:

<https://dugoutbaseballperformance.pike13.com/offerings>

400 E. WILSON BRIDGE RD. SUITE 0
WORTHINGTON, OH 43085

LOCATION: DUGOUT BASEBALL & PERFORMANCE