



THE WAY OF SPORTS BASEBALL

Westchester Babe Ruth & Pat Ahearne's The Way of Baseball Present:

2-day Spring Training Camp Get ready for the season with two days of Spring Training Workouts



Who's invited: Open to all Westchester Babe Ruth Players

Who's running Training Camp: 16 year professional baseball player and St. Bernard graduate, Pat Ahearne, founder of the baseball development website www.TheWayofBaseball.com and Westchester Babe Ruth Baseball

What: Two days of baseball workouts and fundamentals practice

- Foundation Fitness workout & warm-up for baseball
- Pitching
- Hitting
- Bunting
- Base running
- Defense



Where: Ivan Miller Field 8141 Gulana Ave. Playa del Rey, CA 90293 (So. Cal. Gas Co.)



When: Saturday, February 13 and Sunday February 14 from 10:00 a.m. to 3:30 p.m. both days

There will be a 45 minute break for lunch between the morning and afternoon workouts (lunch not provided).

What you will need:

- Baseball uniform (shirt or jersey, hat, baseball pants & belt, socks)
- Undershirt appropriate to the weather – if it's cool, bring a long sleeve shirt
- Jacket or Pullover for after workouts
- Glove
- Bat & batting gloves
- Spikes
- Running shoes or turf shoes
- A desire to work, have fun, and improve your game

Very Important: If you show up without ANY of the above items, you will NOT be allowed to participate!

About Coach Pat Ahearne:



Photos: Pepperdine 1992, Detroit Tigers 1995, Toledo Mud Hens 2003, Macoto Cobras (Taiwan) 2007

- 16 years of Pro Baseball
- Never used performance enhancing drugs
- Never missed a game due to injury
- 10 of the 16 years of pro ball played Winter Ball - (Australia & Venezuela)
- Over 2500 innings in pro baseball
- [RDRBI](#) Certified Pitching Coach
- Certified Foundation Fitness trainer
- Trained [Rinku Singh & Dinesh Patel](#) - Indian-born pitchers who signed with Pittsburgh Pirates. They had never heard of baseball and signed a pro contract after 7 months training.
- 2008 Coach of the Irish National Team
- 2009 Coach of the [Czech National Team](#)
- 2009 Coach of [Draci Brno](#) of the Czech Extraliga

Awards and honors

- 1988 Daily Breeze South Bay Player of the Year (St. Bernard)
- 1990 All-State Junior College Player (Harbor College)
- School Record most career wins - L.A. Harbor College (24)
- 1992 National Championship Game winning pitcher - Pepperdine vs. Cal State Fullerton
- 1st Team Division 1 All-American 1992 Pepperdine
- [College World Series All-Decade team 1990s](#)
- 7th Round Draft Pick 1992 Detroit Tigers
- [Major League Debut June 15, 1995](#) Detroit Tigers vs. New York Yankees
- Pitcher of the Game, [1995 Triple-A All-Star game](#)
- 5 Championship rings

Coaching Style

- Keep things as simple as possible
- Prepare all around competitive baseball players
- Teach the correct baseball fundamentals
- Emphasize doing the little things right
- Discover the best style to teach each player - not all players learn at the same speed or with the same methods and it's my job to find out the best way to teach you.
- Wherever your skill level, make you a better player today than you were yesterday
- Build character on and off the field

Available from Coach Pat

1. Pro instructor for Video Lessons
2. Personally answer questions on Ask the Way (coming soon)
3. Conduct or co-conduct web based training & workshops (coming soon)
4. Semi-Private Lessons
5. Group Clinics
6. Foundation Fitness Workouts
7. Breakthrough Performance For Baseball – With Breakthrough Performance specialist, Stacey Vornbrock, this program combines mental and physical training for baseball
8. Available for Travel Clinics outside the Los Angeles area.

TheWayofBaseball.com is a baseball development website intended to be your online baseball training academy. TheWayofBaseball.com features private lessons, private lessons via video, and complete training in the mental game, physical training, sports nutrition and vision performance.

To learn more about training your game, training your body, cutting edge mental game techniques, vision improvement, and fuel for your performance, and more on The Way of Baseball, visit

www.TheWayofBaseball.com

