

2019 Fall Pitching/Catching Camp \$155.00

@ The University of West Florida

Mike Jeffcoat just completed his 14th season as head coach and 16th overall for the Argonauts. In 14 seasons, Coach Jeffcoat has put together a record of 489-267 (.647 winning percentage). Since taking the helm in August 2005, Jeffcoat has spearheaded one of the top baseball programs in NCAA Division II and 2011 National Championship. He has coached his players to numerous individual and team accomplishments that include 83 All-GSC selections, 4 GSC Freshman of the year, 17 All-GSC Tournament, 1 GSC Tournament Most Valuable Player, 30 All-Region selections, 2 All-Region Gold Glove Awards, 8 All-American, and 12 MLB Draft Picks. The 2007 team won the school's first Gulf South Conference Championship, and first NCAA Regional appearance. As a result, his peers named Coach Jeffcoat the GSC Coach of the Year 5 times. The 2010 team was the East Division regular season champions, and the team earned the program's second NCAA Regional appearance. During the 2016 and 2019 campaign, the Argonauts won the regular season title. Argonauts have been to 7 NCAA regionals in 13 years.

The camp's six-week session (one night per week) will focus on four main points:

- Proper pitching mechanics
- Arm strengthening maintenance
- Bullpen pitching sessions (w/ catcher)
- Select pitch improvement (fastball, curveball, slider, change-up)

Catchers will be included in the camp to work on:

- Receiving
- Blocking
- Catch and Release

September 10th – October 15th (Every Tuesday Night) 6PM

For more information please contact Assistant Baseball Coach Mike Jeffcoat at mjeffcoat@uwf.edu or 850-474-2890

Make Checks out to: Mike Jeffcoat

Mail to: Mike Jeffcoat
60 Blithewood Dr.
Pensacola, FL 32514

Name _____ High School _____
Graduation Yr _____ E-mail _____
Phone# _____

In consideration of my participation in and the use of the University of West Florida premises or facilities, I hereby release and covenant not to sue the owner of the premises (releasees), shareholders, directors, officers, employees, representatives, agents, affiliates and lessees from any and all claims resulting from any physical injury that may occur to me while participating in any program or event sponsored by West Florida Baseball Skills Academy.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE RELEASE/WAIVER AND FULLY UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS WAIVER VOLUNTARILY.

Parents or guardians must sign if applicant is UNDER 18.

Parent/ Guardian Name (print): _____

DATE: _____

Parent/ Guardian Signature: _____

DATE: _____

Adult Participant Name (print): _____

DATE: _____

Adult Participant Signature: _____

DATE: _____