

Hitting camp in full swing

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A total of 44 students have been participating in the Sulphur Springs baseball hitting camp.

The camp, divided into two sessions, is being taught at the multi-purpose building by high school coaches with assistance from current and former Wildcat players.

Some youngsters hit off tees, while others were in batting cages suspended from the roof of the indoor facility.

“We are going to try to get across a few simple, yet important attributes that all great hitters have in common,” said Jerrod Hammack, Sulphur Springs head baseball coach. “We will teach the campers to stay inside the baseball by explaining and demonstrating that concept. Then give them some drill work they can do on their own to hone that skill. We will emphasize using the middle of the field which requires you to allow the ball to travel more than they are used to. And, finally, we will talk about getting on top of the fastball. Most swings and misses on fastballs are under it. If you do hit it with that swing path, it is usually a weak fly ball out. We want to get on top of that pitch which usually means hitting more line drives and hard ground balls.”

The baseball players are moved quickly between stations and learn skills to help their hitting. The camp ends Thursday.