The CamWood Hitting Academy is an intense two week training program that comes to your facility and focuses on the development of proper hitting fundamentals.

Wes Helms
12 year MLB Veteran
"Frank is the only hitting coach that taught me to use my lower half properly"

Paul Menhart
Washington Nationals Coach
"My 12 year old son’s mechanics were flawless after going through Frank’s program"

Trey Sikes
Savannah State University
"After working with Frank, I went from a 180 avg. in high school, to a Division 1 All American"

The CamWood Hitting Academy lead by Frank Gregory, creator of the CamWood Trainer, is where pros train during the off season to re-define their swing. Using Frank’s unique method of breaking down the swing and concentrating on one aspect at a time has been a turning point for many players’ careers. There are several different components needed to achieve the correct baseball swing. Each component should be isolated through particular drills in order to develop that one skill before moving on to the next. The entire baseball swing should not be taught at one time. A player should be allowed to develop at his/her own skill level.

The CamWood Bats’ Hitting Academy is a complete program of drills used by Minor League and Major League players on a daily basis. By using these drills correctly and in the proper order, an average hitter can become a great hitter.

Hall of Famer Tony Gwynn
"The best hitting program for young players. It will help players develop proper mechanics, develop more bat speed, and help players understand the correct approach to hitting.

The CamWood Hitting Academy will teach:

- The proper hand path to the ball
- How to achieve weight shift
- How to get maximum rotation
- Develop quicker bat speed
- Correct way to use top-hand release
- How to avoid rolling over pitches
- How to avoid flying open
- Hit with power to ALL fields

Frank with Hall of Famer Tony Gwynn