



## 2011 Summer Camps

### Camp dates:

06/13/11 thru 06/17/11

06/20/11 thru 06/24/11

06/27/09 thru 07/01/11

### **HURRY CAMPS WILL FILL UP FAST!!**

**Ages 6 and up and all levels of ability will not want to miss out on the FUN and TRAINING offered by Hit & Run's Softball Camps.**

**\*\*Sign up by May 22nd for SAVINGS! Discounted price of \$195! Limited time offer!**

### Shannon Steinhilber



#### Softball Instructor

- Former NCAA Division I Softball Player and Certified Teacher.
- 18 Years Competitive Softball Experience
- Trained by Top Coaches Ernie Parker, Clint Myers, and Tyra Perry

## Camp Registration

Please check one:

\_\_\_\_\_ Single Player Rate, Cost \$ 250

\_\_\_\_\_ Sibling Player Rate, Cost \$225

\_\_\_\_\_ Repeat Player. Cost \$ 200

\_\_\_\_\_ Daily Rate, Full Day, \$60    \_\_\_\_\_ Daily Rate, Half Day, \$35

Dates Participating: \_\_\_\_\_

Participant Age: \_\_\_\_\_ Home Phone # \_\_\_\_\_

Participant Name: \_\_\_\_\_

Sibling Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Payment Method (circle one): Check    MC/Visa    AMEX    DISC

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Billing Address for Cardholder: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

**Refund & Cancellation Policy:** 24 hour notice is needed for cancellation or withdrawal. Prorated amount will be refunded minus a \$50 Cancellation Fee. For participants who cancel prior to the first day of camp, a \$50 registration Fee will be assessed. Hit & Run reserves the right to cancel any program due to insufficient enrollment.

**Liability Waiver & Guarantee:** The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand the risks involved in participation of the Hit & Run Baseball Summer Camp program and that you agree to hold harmless Hit & Run Baseball Inc and all of its Coaches, Instructors, Strength and Conditioning Coaches, Officers, Agents, Representatives, for any injury the athlete may experience as a result of the athletes participation in this program.

\_\_\_\_\_  
Signature of Responsible Party of Participant(s)    Date

\_\_\_\_\_  
Printed Name of Responsible Party of Participant(s)



# 2011 SOFTBALL SUMMER CAMP



**Hit and Run Baseball** is excited about starting its weekly Softball Summer Camps in 2011. The Indoor Training facility offers a multitude of training aides, pitching machines, and a professional staff made up of College and High School coaches and players that will motivate campers to continue reaching for next level success.

### **CAMP SPECIFICS:**

AGES: 6-16

#### Camp Includes:

5 days, Monday - Friday,

8:30am – 3:00pm,

Instruction, Games and Camp T-shirt

#### What to bring:

Bag lunch / snack, Bat, Helmet, Glove,

Batting Gloves, and Softball Attire.

(NO CLEATS)

## ***HIT & RUN SOFTBALL SUMMER CAMP***

***Reserve your spot NOW !***

Are you 6 - 16 years of age, ready to improve your softball skills, and have a great time learning and working on your game with experienced college coaches and instructors? If so, sign up for a week of softball specific training with fun and games mixed in! Our staff will break down the individual skills of softball, including working with players in the areas of hitting, fielding, pitching, catching and the mental aspects of the game, including “on-field” playing of the game.

Players will be taught how to do drills that experienced players perform day in and day out. They will also learn how and why to practice with a purpose in order to reach a higher level of success.

### **SAMPLE DAY TRAINING AGENDA::**

8:30 am	- Players Arrive / Check-in
8:45 am	- Campers discuss Agenda
8:50 am	- Stretch / Flex Program
9:10 am	- Throwing Program
9:30 am	- Fielding Drills
10:10 am	- Baserunning / Offensive Plays
10:40 am	- Pitching Mechanics / Drills
11:15 am	- Specific Position Instruction
12:00 pm	- Lunch
12:30 pm	- Instr. Video / Game Situations
1:00 pm	- Full Hitting Program Stations / Drills / Mechanics
1:15 pm	- Batting Cage / Live Arm
2:00 pm	- Instructional Games Start
3:00 pm	- Campers are picked up



**Hit & Run Baseball Training**  
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**TAKING YOUR GAME TO  
THE NEXT LEVEL!**