



## 2010 Summer Camps

### Camp dates:

06/14 thru 06/18

06/21 thru 06/25

06/28 thru 07/02

07/05 thru 07/09

07/12 thru 07/16

07/19 thru 07/23

07/26 thru 07/30

08/02 thru 08/06

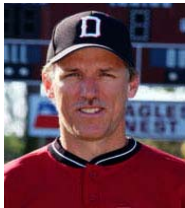
08/09 thru 08/13

Ages 6 and up and all levels of ability will not want to miss out on the FUN and TRAINING that these camps will consist of.

Mike Jackson

Director of Instruction,  
CPT, CSCS

Over 25 years of Baseball Coaching and Strength and Conditioning experience to the collegiate level. Being a Certified Personal Trainer and Strength and Conditioning Specialist, I will guide and inspire you to reach your goals and levels of Baseball you desire! Collegiate players and Coaching Assistants will be instructing at these camps.



## Camp Registration

Please check one:

Single Player Rate, Cost \$ 235

Sibling Player Rate, Cost \$200

Repeat Player, Cost \$ 200

Daily Rate, Full Day, \$65     Daily Rate, Half Day, \$45

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 accessed. 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.

\_\_\_\_\_

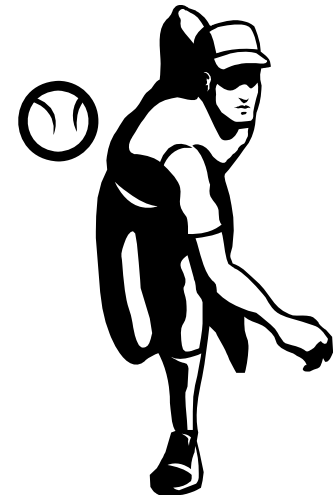
Signature of Responsible Party of Participant(s)    Date

\_\_\_\_\_

Printed Name of Responsible Party of Participant(s)



## 2010 BASEBALL SUMMER CAMP



Hit and Run Baseball is excited about starting its weekly Summer Camps in 2010. The Indoor Training facility offers a multitude of training aides, programmable pitching machines including a [ProBatter](#) Video Simulator cage, 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: 6-14

#### 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 Baseball Attire.

(NO CLEATS)

## HIT & RUN' BASEBALL SUMMER CAMP

***Reserve your spot NOW!***

If you're 6 - 14 years of age and ready to improve your baseball skills and have a great time learning and working on your game with experienced coaches and instructors. Sign up for a week of baseball specific training with fun and games mixed in! Our staff will break down the individual skills of baseball, 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 the drills the experienced players perform day in and day out and will know how and why to practice with a purpose in order to carry on 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<br>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!**