



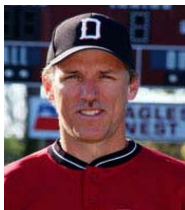
2011 Summer Camps

Camp dates:

- 06/06/11 thru 06/10/11
- 06/13/11 thru 06/17/11
- 06/20/11 thru 06/24/11
- 06/27/11 thru 07/01/11
- 07/05/11 thru 07/08/11*
- 07/11/11 thru 07/15/11
- 07/18/11 thru 07/22/11
- 07/25/11 thru 07/29/11
- 08/01/11 thru 08/05/11
- 08/08/11 thru 08/12/11

* 4-Day Camp Week

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 20 years of Baseball Coaching and Strength and Conditioning experience. 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!

Camp Registration

Please check one:

- Single Player Rate, Cost \$ 235.
- 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 accessed. Hit & Run reserves the right to cancel any program due to insufficient enrollment.

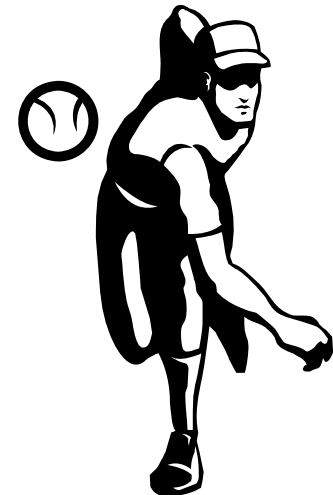
Liability Waiver & Guarantee: The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand 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)



2011 BASEBALL SUMMER CAMP



Hit and Run Baseball is excited about starting its weekly Summer Camps in 2011. 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: 6-16

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 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 college 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
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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E-mail: m.jackson@Hit-n-Run.net

**TAKING YOUR GAME TO
THE NEXT LEVEL!**