

Batter Up Off-season Camp 2008

The 6 session Off-season training camp will be a great way to get ready for your High School season or a way to keep your skills active during the winter months. The camp will be held at the University Center Rochester in the Regional Sports Center Fieldhouse. There will be hitting stations for each student getting plenty of swings each class. The 3 C's will be emphasized consistency, concentration, confidence along with repetition. Also, 4 of the dates we will be working with pitchers & catchers on fundamentals to get ready for the season. Batter Up is a Private baseball/softball school that prides itself on quality instruction, organization and great training equipment. **Things covered in the Baseball camps**

Hitting: Grip, Hands, Stance, Trigger/load, Stride, Swing, Balance, Bunting, Tee Hitting, Technique drills and Bat Size.

Defensive skills: Throwing, Catching, Fielding Ground Balls, Catching various fly-balls and cutoffs/relays, and position specific training.

Hitting stations - Instructo Swing, Stay back tee, Mauer Quickswings, Tees positioned with ball down the middle, outside, and inside, one arm isolation drills, soccer ball drill, 2 Batting cages, increase bat speed stations. We will practice 2 weeks on middle strike zone, 2 weeks low strike zone and 2 weeks high strike zone hitting. We will cover all 9 hitting zones. Live hitting in 2 drop down batting cages.

Technique/Homework - Demonstrate and have students perform hitting sequence, torque drill, bunting and other home drills. Core strength, speed and agility drills will be performed as well in each session.

- **Pitching:** Warm up routines, various pitching drills to improve mechanics, and proper care for arms. We will cover fastball grips, change up grips and the curve ball for 14 yrs of age and older.

- **Catching:** Fundamentals of framing, blocking, throwing, pop-ups, fielding bunts, pickoffs, and plays at the plate.

Camps below are at the **Regional Sports Center at the Field House Section B & C & D Grades 6th – 12th**. 4:1 student to coach

Dates: Feb 2nd, 3rd, 9th, 10th, 17th & 24th - 4 weekends

Deadline Jan. 30th 2008.

Please X The Camp you are registering for \$ 150 per Camp session

____ Off-season Camp **Session 1** (Fielding & Hitting camp) Feb 2nd & 3rd 12:00 -1:30 pm
Feb 9th, 10th, 17th & 24th 6:30pm – 8:00pm

____ Off-season Camp **Session 2** (Fielding & Hitting camp) Feb 2nd & 3rd 1:30 -3:00pm
Feb. 9th, 10th, 17th & 24th 8:00pm – 9:30pm


Please indicate your position with an X:

Pitcher____ Catcher____ Infielder____ Outfielder_____

What to Bring

 Wear baseball pants or jogging sweats and tennis shoes.

 Baseball Glove

 Bat – we recommend you bring your own – wood preferably for this camp – Wood bats will be available to purchase 1st day of camp (Minnesota Bat company)

Benefits of Batter-Up Camps:

"Smaller group sizes"

"More individual attention"

"Caring & Enthusiastic Instructors"

"Praise & Positive Re-enforcement stressed"

Checks should be written to K&3B's Sports. Send to: Batter Up Camps
Attn: Brian Yennie
4348 56th Street Lane NW
Rochester, MN. 55901

Phone: 289-8717 to pre-register and guarantee a spot

Attendees Name _____ Parents Name _____

Mailing Address _____

City _____ State _____ Zip _____

Birth Date _____ Grade _____ Email address _____

Phone # _____ Parent work phone # _____

High School you will be attending _____

A parent or legal guardian must sign this release form before the registration will be accepted. We hereby agree parent/guardian of the registrant, a minor, to assume any and all responsibility for injuries by participating in this clinic. I hereby release, discharge and/or otherwise indemnify K&3B's sports and their employees and associated personnel, including the owners of the fields and facilities utilized for the programs/clinics, against any claim by or on behalf of the registrant as result of the registrant's participation in the programs.

Parent/Legal Guardian (Please Print) _____ **Date:** _____

For more information contact Brian Yennie 507-289-8717. Forms and information available on our web site **www.batterup17lessons.com**