

Batter Up Off-season Camp 2010

The 4 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, 3 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 - Mauer Quickswings, Tees positioned with ball down the middle, outside, and inside, one arm isolation drills, 2 Batting cages, increase bat speed stations. We will practice 1 week on middle strike zone, 2 weeks low strike zone and 1 week 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 and other home drills. Core strength, speed and agility drills will be performed as well.

- **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 5th – 12th**. 4:1 student to coach

Dates: Jan. 17th, 24th, 31st & Feb. 7th

Times: 7pm – 9pm in January (Feb. 7th - 12noon to 2pm) all Sundays

Deadline Jan. 1st, 2010.

Please X The Camp you are registering for cost is \$ 150

 Off-season Camp (Fielding & Hitting camp)

 Please indicate your position with an X:

Pitcher Catcher Fielding

What to Bring

Wear baseball pants or jogging sweats and tennis shoes.

Baseball Glove

Bat – we recommend you bring your own

Benefits of Batter-Up Camps:

"Smaller group sizes"

"More individual attention"

"Caring & Enthusiastic Instructors"

“Experienced & Professional Coaching Staff”

"Praise & Positive Re-enforcement stressed"

Checks should be written to 3 B's Sports. Send to: Batter Up Camps

Attn: Brian Yennie

4348 56th Street Lane NW

Rochester, MN. 55901

Phone: 507-990-2436 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 3 B'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 507-990-2436. Forms and information available on our web site **www.batterup17lessons.com**