



2010 CARROLL UNIVERSITY BASEBALL CAMPS



Youth Hitting Camp

Ages: 10-14; grades 4-8
When: Saturday, Jan. 9, 2010
Session 1: noon-3 p.m.; session 2: 3:30-6:30 p.m.
Goals: Help players improve physical and mental skill sets through properly sequenced drills and mechanics. All instruction emphasizes proper hitting mechanics in both individual and small group settings with age-appropriate drills and games.

High School Hitting Camp

Ages: 15-18; grades 9-12
When: Saturday, Jan. 30, 2010
Session 1: noon-3 p.m.; session 2: 3:30-6:30 p.m.
Goals: Help players transfer the mental and physical skills they learn in drills and practice to game, focusing on attitude, work ethic and dedication. Emphasizes proper hitting mechanics through individual instruction, small groups and competitive hitting games.

Pitching Camp

Ages: 13-18; grades 7-12
When: Sunday, Jan. 31, 2010; 2:30-5:30 p.m.
Goals: Improvement from practice to games through proper pitching mechanics, working ahead in the count, pitch development, pre-game preparation, game management, holding runners and off-season conditioning.

Catching Camp

Ages: 13-18; grades 7-12
When: Sunday, Jan. 31, 2009; 2:30-5:30 p.m.
Goals: Help players become team leaders, handle a pitching staff, and be the field general. Focuses on proper catching mechanics, including stance, receiving skills, footwork/throwing, blocking, pre-game preparation, game management and leadership skills.

COST

\$50 per session

LOCATION

Van Male Field House
227 N. Barstow St., Waukesha, WI 53186

Every camper will receive a camp T-shirt and drill sheet.

REGISTRATION

Last name _____ First _____

Mailing address (street, city, ZIP) _____

Telephone _____ E-mail address _____

Name of school/current grade _____

Youth Hitting Camp: Session 1 Session 2 Pitching Camp

HS Hitting Camp: Session 1 Session 2 Catching Camp

T-shirt size: Youth: M L Adult: S M L XL XXL

Signature of parent or guardian _____

All campers must have their own insurance. The signature of the parent/guardian on this form releases Carroll University, the city of Waukesha and all Carroll University staff from accident or injury liability, as well as providing consent for medical treatment.

Make checks payable to Carroll University Baseball.

Mail registration form and payment to:

Carroll University • Baseball Office
100 N. East Ave. • Waukesha, WI 53051

For information, contact Jason Kosanke at
jkosanke@carrollu.edu or 262.844.2666.