



2010 BASEBALL FUNDAMENTALS CAMP REGISTRATION FORM

Recommended for Ages 5 through 12

This instructional program is designed to teach good sportsmanship, proper warm-up techniques and the fundamentals of baseball in a *FUN ATMOSPHERE*.

Three 2-hour sessions will be held (rain or shine) in March in the Churchville Recreation Center located on Glenville Road off RT #155 in Churchville. Dates are March 6, 13, and 20 from 6-8 pm. March 27 snow date.

All proceeds from the Camp go directly into supporting the Forest Hill 16-19 Baseball Program.

We are limiting the camp to 50 participants this year. Sign up early, as we expect another sellout!

PARTICIPANTS WILL RECEIVE:

- *Instruction in sportsmanship, warm-up techniques & strategies of the game of baseball*
- *Individual instruction in base running, infield, outfield, hitting/bunting, pitching & catching*
- *Instruction on drills to strengthen their baseball skills*
- *Throwing velocity evaluation using our radar gun*
- *Baseball camp t-shirt and a Certificate of Achievement*

Camp Director: Joe Fischer (410-638-0640) E-mail: coachjoefischer@comcast.net

INSTRUCTIONAL STAFF includes dedicated and experienced coaches from the college and high school levels, as well as members of the Forest Hill 16-19 Express.

FOR MORE INFORMATION – PLEASE CALL JOE FISCHER @ 410-638-0640

----- return bottom portion before March 3 , 2010 -----

FEE: \$70.00
NO REFUNDS
(make check payable to FHRC)

Player's Name: _____ Age: _____ Birthdate: _____

Address: _____ Zip: _____ Phone: _____

E-Mail Address: _____

T-Shirt (youth sizes): small medium large x-large

The above named player has my permission to take part in the FHRC Baseball Fundamentals Camp. I agree not to hold the FHRC or its instructors liable for any injuries arising from participation.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

Mail to: FHRC Camp Registration, c/o Joe Fischer, 1309 Ruthridge Ct, Bel Air, MD 21014