



# 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 February 24<sup>th</sup> , 2010 -----

**FEE: \$60.00 if received before February 24<sup>th</sup>**

**\$70 if received after February 24<sup>th</sup>**

**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, c/o Joe Fischer, 1309 Ruthridge Ct, Bel Air, MD 21014