

# April Vacation Baseball Blast

April 19 - 22, 2010 Mon – Thurs

AGES 7—13

9:00am—12:00pm @ Baseball City

COST: \$100.00 member \$120.00 non-member

*Clinic Will Be Run By Former University of Hartford Players*

**Brady Stouffer**

**&**

**Bill “Fridge” Perry**

**OVERVIEW:** This clinic is designed to address all facets of the game of baseball. It will be structured in a station format and players will be broken into groups according to age and skill level.

**CLINIC FORMAT:**

9:00—9:10: Intro / Announcements / Group Assignments

9:10—9:20: Stretching

9:20—9:30: Baserunning

9:30—9:40: Agility Circuit / Set Up Stations

9:40—10:00: Station Rotations

10:00—10:20: Station Rotations

10:20—10:40: Station Rotations

10:40—11:00: Station Rotations

11:00-11:10: Water Break / Set Up Wiffleball Games

11:10—11:50: Wiffleball Games Begin

11:50—12:00: Closing / Recap / Parent Pick-up

*Bring glove, bat, sneakers, drink and snack.*

*Vending machines on site.*

**ALSO SCHEDULED TO INSTRUCT:**

- BILL MASSE (SEATTLE MARINERS)
- JOE SERFASS (NY METS)
- GARY BURNHAM (PHILADELPHIA PHILLIES)
- JOHN SKINNER (FLORIDA MARLINS)
- ACE ADAMS (ST. LOUIS CARDINALS)
- PAT EGAN (BALTIMORE ORIOLES)

**STATIONS WILL BE:**

- **Shea Stadium:** Fielding: Infield / Outfield
- **Yankee Stadium:** Pitching: Mechanics / Balance
- **Short Cages:** Hitting: Bunting / Tee / Soft Toss
- **Fenway Park:** Hitting: Live off Machines



\*\*\*\*\* TEAR HERE & SEND PAYMENT TO BASEBALL CITY, 216 MURPHY ROAD, HARTFORD, CT 06114 [WWW.BASEBALLCITYCT.COM](http://WWW.BASEBALLCITYCT.COM) 860/527-CITY\*\*\*\*\*

CHILD'S NAME \_\_\_\_\_ AGE \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_ MEMBER \_\_\_\$100.00 / NON-MEMBER \_\_\_\$120.00

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ CELL PHONE ( ) \_\_\_\_\_ EMAIL \_\_\_\_\_

PAYMENT: CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CREDIT \_\_\_\_\_

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**PLEASE MAKE ALL CHECKS PAYABLE TO BASEBALL CITY OR REGISTER ON-LINE AT [WWW.BASEBALLCITYCT.COM](http://WWW.BASEBALLCITYCT.COM)**