

February Vacation Baseball Blast

February 15 - 18, 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 Seattle Mariners Major League Scout Bill Masse & Former University of Hartford Player Brady Stouffer

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, drink and snack. Vending machines on site.

ALSO SCHEDULED TO INSTRUCT:

- JOE SERFASS (NY METS)
- GARY BURNHAM (PHILADELPHIA PHILLIES)
- JOHN SKINNER (FLORIDA MARLINS)
- ACE ADAMS (ST. LOUIS CARDINALS)

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 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