



# BASEBALL CITY

## SUMMER BASEBALL & SOFTBALL

### 2007 CAMPS

OUTDOOR BASEBALL CITY SUMMER CAMPS are designed for players wanting to get better with the ball, bat and glove. All players are guaranteed top notch pro instruction, a pro curriculum designed by Baseball City's owner Bill Masse, proper repetitions, offensive games/scrimmages and much, much more. Find out if Baseball City is coming to your town or a nearby area. Below is the schedule for the upcoming 2007 season.



**HALF DAY SESSIONS: 9am-12pm, M-R (\*Early Bird Drop Off)**  
**Cost: \$125 (please view location specifics)**

#### Choose a Location:

<input type="checkbox"/> @Wethersfield HS (June 25-29)	Ages 7-12
<input type="checkbox"/> @Manchester, East Catholic HS (July 16-19)	Ages 7-12
<input type="checkbox"/> @Windsor I (July 9-12)	Ages 7-9
<input type="checkbox"/> @Windsor II (July 16-19)	Ages 10-12
<input type="checkbox"/> @Hartford (Highland Park)	(view website)
<input type="checkbox"/> @South Windsor I (July 23-26)	Ages 7-9
<input type="checkbox"/> @South Windsor II (July 30-Aug 2)	Ages 10-12
<input type="checkbox"/> @Tolland I (July 16-19)	Ages 7-9
<input type="checkbox"/> @Tolland II (July 23-26)	Ages 10-12
<input type="checkbox"/> @Westfield, MA	(view website)
<input type="checkbox"/> @Southwick, MA	(view website)
<input type="checkbox"/> @Rocky Hill, CT (July 9-12)	Ages 7-12

*Please indicate desired camp location with (✓)*

#### What Each Student Gets:

- > An official BC T-Shirt.
- > An official parting gift.
- > Giveaways.
- > A safe and fun learning environment.
- > A low student to staff ratio.
- > An opportunity to learn from coaches with professional and collegiate coaching backgrounds.
- > An atmosphere where students can express themselves and have fun.
- > Rain Dates!!! In the event of rain...all BC camps will take place at BC in Hartford.

#### Typical Daily Schedule (9am-12:00 pm) Monday-Thursday

- 8:30** Early Drop Off/Work with BC instructors one-on-one
  - 9:00** Major League Warm-up and Agility/Conditioning drills
  - 9:15** ChiSox Throwing Program
  - 9:30** The Lost Art, Throwing and Catching (Emphasis: Game Speed, High Energy Throwing and Catching Drills)
  - 9:45** Defensive Skills  
Emphasis: Position Work-all positions (middle infield (DB)/outfield (communication routes) catchers (pops/blocks) pitchers (fielding))
  - 10:15** Rinse out
  - 10:25** Absolutes of Hitting-Setup, Bag Drills, stance, 4 T's, Frontness, 100's of swings,
  - 10:45** Station Work (5 stations)
  - 11:30** Small Sided Games & Scrimmages
  - 12:00** Close
- Players should bring, sneakers, cleats, baseball bat, baseball glove, towel, extra t-shirt, batting gloves, beverages, and snack.**

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**MAKE CHECKS PAYABLE TO: BASEBALL CITY 216 Murphy Road Hartford, CT 06114**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

HOME PHONE: \_\_\_\_\_ EMERGENCY CONTACT: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

CREDIT CARD: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

SESSION/SITE: \_\_\_\_\_ CAMP DATES: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

CALL: 860.527.2489 OR Register on-line at [www.baseballcityct.com](http://www.baseballcityct.com)