



# SEASONAL CAMPS WINTER 2012

## DETAILS

- ★ CAMPS BEGIN WEEK OF JAN. 23 AND FINISH WEEK OF MAR. 12
- ★ 8 weeks of instruction per Camp, 1 hour weekly
- ★ All camps run by highly-qualified and experienced instructors
- ★ Train in the best indoor facility in Burlington!

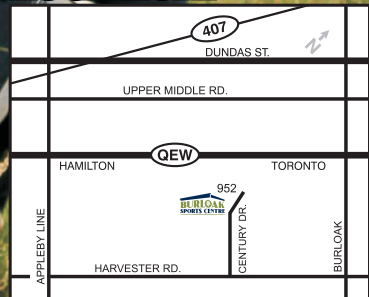
## CAMPS

Choose one of the following specialized camps:

- ★ **Hitting Camp WEDNESDAYS 5-6pm**  
We focus on learning and developing the basic foundations to a successful swing. Our drills are all age and skill specific so the players can either ease into learning the basics of hitting or can begin to do challenging drills.
- ★ **Advanced Hitting Camp - The Line Drive Club MONDAYS 5-6pm**  
A review of the hitting principals will allow us to step right into breaking down the mechanics of the swing. We focus on: balance, generating power, developing a consistent bat path, increase bat speed, strike zone awareness, situational hitting, and successful preparation.
- ★ **Fielding Camp (Infield + Outfield) THURSDAYS 4:30-5:30pm**  
At our fielding camp you will learn the common fundamentals of the infield and/or outfield positions. We will focus on: getting yourself into the proper position to field all types of ground balls, developing quick and soft hands, quick and efficient foot work, the transition from fielding to throwing. Outfielders will work on proper routes, proper set up and positioning, and making strong throws.
- ★ **Pitching Camp TUESDAYS 5-6pm**  
This camp will focus on the building blocks of successful pitching mechanics by stressing the importance of body awareness, balance, and beginning to creating directional power by the use of the lower half + upper half.
- ★ **Advanced Pitching FRIDAYS 5-6pm**  
This camp will not only look at the principles of pitching but will incorporate the 'extras' such as: advanced drills, pitch grips, arm care and arm strength, efficient mechanics, increasing arm speed and strength, sharpen your mental focus, and preparation for in-game situations.
- ★ **Foundations Camp SUNDAYS 7:30-8:30am**  
Our foundations camp is perfect for beginners of all ages. Our top priority is to stress the enjoyment of the game, and then we work on the development of basic baseball skills. We will focus on the four main skills: catching, throwing, fielding, and hitting. The basic rules of the game that are essential will also be covered.



## LOCATION:



## PRICING

# \$250

8 weeks of  
1-hour classes  
Incl. HST, Per Program

Registration forms are available online at  
**BURLOAKSPORTSCENTRE.CA**

or at the Burloak Sports Centre.

Register @ 905-631-0000 ext. 200  
or [obrien@burloaksportscentre.ca](mailto:obrien@burloaksportscentre.ca)

For Conacher Baseball technical questions,  
please contact Jamie Trull @ 905-730-3917



# REGISTRATION FORM (Please print)

Once completed, please fax to 905-631-0001 or drop off at Burloak Sports Centre (952 Century Dr., Burlington, ON L7L 5P2)

## CONACHER BASEBALL SEASONAL CAMPS - WINTER 2012

Participant's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Participant's Date of Birth (yyyy/mm/dd): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Sex:  Male  Female

E-mail: \_\_\_\_\_

How did you hear about this program?: \_\_\_\_\_

Level of baseball played: \_\_\_\_\_

★ Which Camp(s) are you registering for?:

- HITTING CAMP Wed 5-6pm
- PITCHING CAMP Tues 5-6pm
- ADVANCED HITTING CAMP Mon 5-6pm
- ADVANCED PITCHING CAMP Fri 5-6pm
- FIELDING CAMP (Infield + Outfield) Thurs 4:30-5:30pm
- FOUNDATIONS CAMP Sun 7:30-8:30am

Pricing: (Per Camp, includes HST) 1 hour Session (8 weeks): **\$250.00**

Payment Options:  Cash  Cheque (Payable to Burloak Sports Centre)  Visa  MasterCard

Credit Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_ / \_\_\_\_\_

*REGISTRATION CANCELLATIONS ARE SUBJECT TO A \$25 SERVICE CHARGE. NO REFUNDS AFTER FIRST SCHEDULED GAME.*

THE UNDERSIGNED IS RESPONSIBLE FOR THE CONDUCT OF THE PLAYER WHILE PARTICIPATING IN THIS PROGRAM. THE PLAYER SHALL BE GOVERNED BY THE RULES ESTABLISHED BY 2212336 ONTARIO LIMITED. MISSED CLASSES WILL NOT BE REIMBURSED. IT IS UNDERSTOOD THAT THE UNDERSIGNED PERSON OF LEGAL AGE OR LEGAL GUARDIAN SHALL NOT HOLD 2212336 ONTARIO LIMITED OR THEIR INSTRUCTORS, ADMINISTRATORS, OFFICIALS, OR THE FACILITY USED LIABLE IN THE EVENT OF INJURY OR LOSS IN ANY MANNER WHATSOEVER. I SPECIFICALLY WAIVE, GIVE UP AND RELEASE 2212336 ONTARIO LIMITED, ITS RELATED COMPANIES AND THEIR STAFF FROM ALL LIABILITY FOR ANY CLAIM FOR DAMAGES WHICH I MAY HAVE RELATING TO INJURIES OR ILLNESS THAT MY CHILD MAY SUSTAIN. BY SIGNING THIS WAIVER, I ALSO CERTIFY THAT MY CHILD IS IN GOOD HEALTH, WITH NO CHRONIC ILLNESS OR ABNORMAL TENDENCIES. THE PLAYER LISTED ABOVE IS REGISTERED UNDER THE CARE OF THE UNDERSIGNED AND ASSUMES ALL RISKS THROUGH ENROLLMENT IN THIS PROGRAM WHICH CONSISTS OF PHYSICAL INTERACTION CAPABLE OF INJURY. THE PLAYER MUST WEAR ALL APPROVED SOCCER EQUIPMENT INCLUDING SHIN PADS. I HAVE READ AND UNDERSTAND ALL ITEMS ON THIS PLAYER FORM. I, THE UNDERSIGNED AGREE TO ALLOW 2212336 ONTARIO LIMITED AND/OR ITS RELATED COMPANIES TO USE THE PARTICIPANTS' NAMES AND OR PICTURES FOR ADVERTISING PURPOSES.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_