

2019 Bloomington South Little League Baseball Camp Registration

Name: _____

Address: _____

City: _____ Zip Code: _____

Parent Email: _____

T-Shirt Size (circle one): YS YM YL

Adult S M L XL

SESSIONS

COST OF THE CAMP IS \$60

Make checks payable to South Baseball Camps.

Checks can be mailed to 1980 E. Dutcherman Dr., 47401 or you can register at the camp.

RELEASE AND WAIVER OF LIABILITY
(Please read carefully before signing)

The undersigned hereby acknowledges that participation in the camp and related activities involves an inherent risk of physical injury, and the undersigned, on behalf of the registrant, hereby assumes all risk and does hereby release and forever discharge the camp and all employees and agents thereof from any and all liability of whatever kind of nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property, and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defect of premises. I hereby state that I am the legal guardian of said child.

Signature of Guardian

Camp Information/Itinerary

Little League Hitting/Fielding Camp 8:30am-10:00 am

Participants will be put through a four day **hitting progression** designed to build solid hitting mechanics from the feet to the head, and teach the participants how to recognize their flaws for repair.

Participants will also be put through a **fundamental fielding progression**. They will be taught PFP (perfect fielding position) in infield as well as outfield play, and will be instructed in a drill as well as a performance atmosphere.

Participants will also receive instruction in **base running**. Base running is a very important aspect of the game of baseball. Instruction will be given in how to round bases, angles taken, lead offs, steals, and tags at each base.

Pitching instruction will be given to pitchers on a level-by-level basis. We will instruct little league pitchers different from players that play high school rules baseball on the small field. We will take the pitchers through drills and mechanical work conducive to preparing them for prolonged success. They will also be given instruction on playing defense as a pitcher as well. We will NOT have the pitchers throwing from the mounds because they are in season and will get enough stress on their arms during their pitching sessions.

Catchers will get instruction on the fundamentals of catching: signal calling, stance, footwork, throwing, and defense. Catchers will work with pitchers from time to time during the camp to get game-like practice.



****CAMP CANCELLATIONS ON
TWITTER****
@southcoach



2019 SUMMER LITTLE LEAGUE BASEBALL CAMP K-6

June 10-13, 2019

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**Bloomington South's
GROH FIELD**