

MONTEREY PLAINSMEN WINTER BASEBALL CAMP

Hosted by Coach Fred Oliver and Monterey Staff

Wednesday, December 21, 2005

<u>CAMP</u>	<u>TIME</u>	<u>AGES</u>	<u>TYPE OF CAMP</u>
Camp 1	5:00 – 6:00	7 – 9	Infield/Outfield
Camp 2	6:15 – 7:15	10 – 12	Infield/Outfield

Emphasis: Proper throwing technique, fundamentals of infield and outfield play

Equipment needed: glove; warm workout clothes

Thursday, December 22, 2005

<u>CAMP</u>	<u>TIME</u>	<u>AGES</u>	<u>TYPE OF CAMP</u>
Camp 3	3:30 – 4:45	7 – 9	Pitching
Camp 4	5:00 – 6:15	10 – 12	Pitching

Emphasis: the breakdown of pitching, to simple steps for pitching mechanics and proper arm care; Drills used to develop fundamentals. * Video analysis of each camper!

Equipment needed: Glove; Warm workout clothing if needed

Friday, December 23, 2005

<u>CAMP</u>	<u>TIME</u>	<u>AGES</u>	<u>TYPE OF CAMP</u>
Camp 5	9:00 – 10:15	7 – 9	Hitting
Camp 6	10:30 – 11:45	10 – 12	Hitting
Camp 7	1:00 – 2:15	7 – 9	Hitting
Camp 8	2:30 – 4:00	10 – 12	Hitting

Emphasis: introduction of hitting with detail to grip, stance, swing and follow-through; Drills to enhance basic fundamentals.

Equipment needed: Bat; Warm workout clothing if needed.

- All camps will be held inside Monterey's All-Purpose Room (APR), which is located at 47th and Indiana. Enter off of 47th Street. Enter the doors of the New Box (Gym). Go through the lobby and turn right.
- Cost: \$25 for each camp attended or \$70 to attend all 3 camps.
- Each camp will be limited to the first 20 campers to make their reservation.
- Due to U.I.L. rules, these camps are available for campers in grades 1-6 only!
- Please arrive 10 minutes before your scheduled camp starts!

HOW TO SIGN UP

- Call Coach Oliver at 766-0706 (DAY) or 722-6239 (NIGHT) to reserve your spot.
- Pick up reservation form at any Cardinal's Sports Center or from the Monterey Baseball web site: <http://montereybaseball.org> Mail form and check made payable to: Fred Oliver, 106 N. Vale, Lubbock, TX. 79416.

Cut and Mail

Name _____ Age _____ Grade (05-06) _____

Address _____ City/Zip _____

Home Phone _____ Cell Phone _____ Emergency Phone _____

Circle Camp(s): 1 2 3 4 5 6 7 8

I (we) hereby release the Monterey H.S. Baseball Camp and its employees, Lubbock Independent School District, its Board of Trustees, administrators and employees, from all claims from injuries or illnesses which may be sustained by my (our) child, and authorize the director or his designee to select hospital facilities and/or physician of his choice, and authorize treatment of the named camper on an emergency basis in the event such treatment becomes necessary while attending the Monterey H.S. Baseball Camp.

Date _____

Parent or Guardian Name (please print) _____

Signature _____