

Baseball Clinics

Spring 2010

Baseball Plus programs use a player to staff ratio of approximately 5:1. All of our head instructors have played or coached at the collegiate or professional level. All clinics may be pro-rated

See Below for Schedule and Registration Form!

Single "A" Instructional League Ages 5-7

A 60-minute, weekly basic skill development program led by our professional training staff, covering pitching, hitting, base running, infield and outfield play. Fun and innovative drills improve your child's ability and increases confidence.

Double "AA" Instructional League Ages 8-10

A 60-minute, weekly skills development program led by our professional training staff. Provides in-depth coverage of all the basic skills including hitting, catching, pitching and base- running.

Little League and Babe Ruth Hitting Clinic Ages 8-12 and 13-15 (6 players per age group)

Players will use numerous drills to develop hitting mechanics for the stance, stride, pivot, approach and path of the bat. Sessions include personalized instruction and live batting practice.

Little League Pitching Clinic Ages 8-12 (6 players per age group)

For new and experienced Babe Ruth pitchers. The clinic will cover developing proper mechanics for speed and control, advanced pitches and conditioning. The small group size allows personalized instruction.

300 Swing Club Ages 8 – 12

Repetition is the key to success in perfecting hitting mechanics and developing great bat speed. Baseball Plus is once again presenting The 300 Swing Club to achieve this. There will be a circuit of hitting stations from tee work, to live pitching. The goal being 300 or more quality reps. The Club meets for 1 hour on Thursdays at 4PM. Starting April 2, Friday Nights at 6 PM Cost is \$10.00

300 Swing Club Softball Ages 8 – 12

Repetition is the key to success in perfecting hitting mechanics and developing great bat speed. Baseball Plus is once again presenting The 300 Swing Club to achieve this. There will be a circuit of hitting stations from tee work, to live pitching. The goal being 300 or more quality reps. The Club meets for 1 hour on Mondays at 6PM. Cost is \$10.00

"Get The Rust Off" Baseball Workouts Ages 7-12

Every Sunday during April, Baseball Plus will be offering mini training camps focusing on hitting, fielding and throwing. These 1.5 hour workouts will help get the rust off and prepare the player for the upcoming season. There will a circuit of stations for hitting, infielding and throwing. Sundays at 4PM -5:30 PM. Cost is \$15.00.

April Vacation Skills Camp Ages 7-12 April 19- 23, 2010 Mon-Fri. 10AM-2PM

Come join the BASEBALL PLUS team for 5 fun-filled days of great fun and learning!
\$30 per day or \$130.00 for 5 days per player and includes the following:

1. **Skill Building**- 2 Hour of a Baseball workout daily covering Hitting, Fielding, and Pitching with Professional Instructors!
2. **Indoor Game** - Indoor real baseball game played with an Incrediball for safety.
2. **7TH Inning Stretch**- Pizza and soda lunch break, included.
3. **Good Old Fashion Fun**- Our world famous DodgeBall games

Saturday Nite Ages 8 – 12 Saturday Nights 6:00 to 9:00 PM * \$25 Per individual player and our Bro-Combo of \$40 per family. Skill Building Games, Pizza and drinks, Dodge ball, Incrediball and More!! **April 3 and 10**

Baseball Boot Camp
"Combat Training for Hitters"

MISSION OBJECTIVES: Improve bat speed, Create Rotational Force, Increase Power and Amplify Hand/eye Ability

What: 4 cages of live batting practice, with 4 soft toss and tee stations upstairs.

WHEN: Every Thursday Night - March and April
Bombs Drop Over BP Starting at 6-7 PM

COLLATERAL DAMAGE: \$10.00 per sortie.

For you civilians, that is \$10.00 per week basis. You can volunteer for bombing missions once or be a real hero and attend multiple times. Please call to register. Come Hit "Bombs" With Us !

Spring 2010

BASEBALL CLINICS

April and May

All Clinics May be Pro-Rated

<input checked="" type="checkbox"/>	Clinics	Ages	# Players	Weeks	Schedule Updated 9/1/09	Cost	Head Instructors
	Single "A"	5-7	15	4	Tuesdays 5-6 PM April 6,13, 20,27 May 4 - Make up	\$80.00	
	Double"AA"	8-10	15	4	Wednesday 5-6 PM April 7,14,21,28 May 5 - Make Up	\$80.00	
	Little League Pitching Clinic	8-12	10	4	Mondays 5-6 PM April 5,12,19,26 May 3 - Make Up	\$80.00	
	Little League & Babe Ruth Hitting	8-13	15	4	Thursdays 5-6 PM April 1,8,15,29	\$80.00	
	300 Swing Club	7-12	30	Weekly	Thursdays 4-5 PM On Going Now	\$10.00	
	300 Swing Club	7-12	30	Weekly	Friday 6-7 PM April 2 Start	\$10.00	
	300 Swing Club Softball	7-12	30	Weekly	Mondays 6-7 PM April 5 Start	\$10.00	
	"Get The Rust Off" Baseball Workouts	7-13	40	Weekly	Sundays 4-5:30 PM	\$15.00	
	Hitters Boot Camp	13-16	40	Weekly	Thursdays 6-7 PM	\$10.00	
	Speed and Conditioning Camp	12 and UP	40	Weekly	Tuesday Nights 7-8 PM	\$10.00	
	April Vacation Skills Camp	7-12	30	1	Monday -Friday 10:00 AM- 2:00 PM	\$30 Per \$130 for week	
	Saturday Night Live	7-12	30	1	Saturday Nights April 3 and 10	\$25.00 or 2 for \$40	

Make checks payable to "Baseball Plus" and mail or return to Baseball Plus, 835 Plain St. Marshfield, MA. 02050.

Name: _____ Age: ____ Telephone: _____

Address: _____ Email _____

City/State/Zip: _____ Payment Method: Cash Check MC VISA

Amount Enclosed: \$ _____ Credit Card No. _____ Exp. Date _____

PARENT/GUARDIAN RELEASE STATEMENT: We (I) hereby give our (my) permission to Baseball Plus to provide medical attention to our (my) son/daughter in the event of injury or illness. We (I) hereby release Baseball Plus and all its Employees from all claims (present or future) resulting from any injuries, which may be sustained by our (my) son/daughter while attending any Baseball Plus camp, clinic or events.

(Parent/Guardian Sign Here): _____