

Registration Form

_____/_____/_____
 Name of Player Age DOB

 Address

City: _____ Zip: _____

 Name of Parent /Guardian:

Home#: _____ Cell#: _____

Email _____
 Release of Liability and Medical Consent/Release

 Player's Name Parent's Name

 Parent's address

 Name/Medical Ins. Co

 Address/Ins. Co.

 Subscriber's Name

 Employed by

 Employers address

 Ins. Policy # Group # I.D. #

I hereby register my child for the above described camp and authorize the staff to direct him/her in participation in camp activities. My child has no medical or emotional problem which may affect his/her ability to safely participate in your program, and the camp staff is authorized to attend to any health problem or injury my child may incur while attending camp. I understand that my child must have current and active medical insurance before he/she can attend camp. Neither I nor my child will hold the Westchester County Clippers, Hardball Training Center, and / or any agent(s) of the aforementioned liable for any injuries or expenses relating to injuries while my child is at the camp.

 Parent / Guardian Signature Date

 Emergency Contact:

**CALL TODAY SPACE IS LIMITED!!
 DISCOUNTS APPLY FOR EARLY REGISTRATION**

WESTCHESTER COUNTY CLIPPERS
 PO Box 441
 New Rochelle, New York 10802



Strive to be a Champion in everything you do!
 Champion * Heart * Attitude * Motivation * Perseverance * Integrity * Obedient * Never

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2nd ANNUAL WINTER BASEBALL CAMP

**PRESENTED BY
 WESTCHESTER COUNTY
 CLIPPERS
 at
 Hardball Training Center
 And
 Velocity Sports Performance
 in Elmsford, NY
 SPONSORED BY
 Westchester County Clippers**



Camp session will consist of 8 weeks
 1 day a week:
 9 Years old – THRU-12 Years old
 Saturday's from 9:30am until 12:30pm
 13 Years old – THRU– 15 Years old
 Sunday's from 8:30am until 11:30am

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Winter Baseball Camp

Dear Camper,

We are very excited that you may be considering coming to what we are sure will be the finest baseball camp experience. The Westchester County Clippers Baseball Organizers have put together a program with the help of Hardball NY & Velocity Sports Performance to give you 8 terrific days of baseball that will hopefully have you excited about your upcoming spring and summer seasons. The Westchester County Clippers coaching staff will run the camp. The camp staff is excited about getting the opportunity to teach the game of baseball to youngsters in our community. We want campers who are looking to learn about the game of baseball and have fun!!! Instruction will be offered in the fundamentals of

Hitting & Bunting: Develop the fundamentals of balanced hitting mechanics. Improve your batting average, on-base percentage and bunting success.

Throwing & Fielding: Learn the proper way to throw and field from the middle infield, corners, outfield, and behind the plate.

Base Running: Master leads, stealing bases, sliding, taking the extra base, and scoring.

Catching: Learn how to develop proven catching, blocking, and throwing mechanics. Master "soft" receiving hands, signal calling, pitch selection, and handling pitchers.

Pitching: Perfect proper pitching mechanics, pick-off moves, grips, legs and arm strengthening exercises.

Strength & Conditioning: Enhance performance, agility, and flexibility while minimizing the risk of injury. Recognize the importance of a daily baseball strength and conditioning program.

Academics: Our staff believes in stressing good grades at a young age and teaches how important it is to develop a sound academic achievement environment.

Hardball NY Training Center includes 16,000 square feet of climate-controlled indoor space. Batting cages equipped with state-of-the-art pitching machines delivering 50 mph to 85 mph pitches to accommodate all levels of instruction, pitching tunnels, and utility space for group instruction and practice.

We also offer our Sports Specific Benefits. While training at are camps all athletes will work out at **Velocity Sports Performance** where they will help make you a better athlete.

The best way to become a better baseball player isn't by playing more baseball – it's by improving your overall athleticism. Throw farther, swing faster, and get ready to hit it out of the park with Velocity Sports Performance. Whether you're a professional trying to make the All-Star team, a minor leaguer stepping up to the big leagues or a Little Leaguer trying to make the next level team,

Velocity Sports Performance can help you meet your goals. Our one-of-a-kind programs, bolstered by our certified coaches, elite curriculum, and state-of-the-art facility, help baseball players become faster, stronger, and more explosive. The result? Superstar performance from any position on the diamond. Get faster, stronger, and more explosive on the diamond. Velocity Sports Performance training is designed to help you!

Develop Lightning Speed

The difference between good and great on the diamond? Speed. Proper movement techniques determine whether you make the play in the field or beat out the throw. Velocity Sports Performance training blends proper movement technique with agility exercises to improve both coordination and speed.

Develop Power at the Plate

Nothing makes a hitter more dangerous than the ability to hit the ball with power. We'll help you develop the rotational power, the maximal strength, and the explosiveness to drive the baseball harder and farther than you ever have before.

Gain Agility and Quickness

Whether you're a shortstop making a play in the hole or stretching it out as a first baseman, playing at the top of your game demands agility. At Velocity Sports Performance, our certified coaches improve the way you move with protocols that increase foot quickness and balance. This leads to increased range of motion for stronger, more precise throws.

Reduce the Likelihood of Injury

You can't play the game if you're sitting on the bench. We'll help you stay in play with improved flexibility and balance. Reduce the likelihood of injury with Velocity Sports Performance's "Prehabilitation," a specialized program that helps decrease the incidence of acute and overuse injuries.

Equipment

Campers must bring their baseball glove and wear baseball attire, including long pants. Campers may bring their personal bat or catching equipment. (Please label all your personal equipment)

**Camp session will consist of 8 weeks
1 day a week:**

9 Years old –THRU-12 Years old
Saturday's from 9:30am until 12:30pm
13 Years old–THRU– 15 Years old
Sunday's from 8:30am until 11:30am

Cost

- **\$275.00**
- **Early Registration cost is \$ 250.00**

*If applications are postmarked by
November 29, 2009*

Please return this form and payment to:

WESTCHESTER COUNTY CLIPPERS
P.O. Box 441
New Rochelle N.Y. 10801

Please make checks payable to:

WESTCHESTER COUNTY CLIPPERS



SPACE IS LIMITED!!

**Registration Deadline: January 10,
2010**