

As the parent or guardian of _____, I give my consent for him/her to attend the Morning Workout Clinic. I understand that the Baldwinsville School District, the Baldwinsville Baseball Booster Club and their Booster members are not responsible for accidents resulting in medical, dental or other expenses, including loss of personal property.

I recognize that the element of risk cannot be eliminated, that injuries can include but not limited to cartilage damage which would result in a temporary or permanent, partial or complete impairment in the use of limbs, brain damage, paralysis or even death. Having so cautioned and warned, participation indicates your full knowledge of understanding of the risk of injury.

Parent/Guardian Signature: _____

Effective: **6/30/15**



2013 STATE CHAMPIONS



2015

Baldwinsville Bees Baseball Morning Workout Clinic

For Players going into grades 7 – 12
LEARN TO PLAY THE RIGHT WAY



Tuesday, Wednesday & Thursday

July 7th – July 30th

Varsity Baseball Field

8:30am – 10:30am

Sponsored By

Baldwinsville Bees

Baseball Booster Club

Register on line:

www.bvillebaseball.com

Director: Dave Penafeather

Dave Penafeather is the Varsity Baseball Coach at Baldwinsville High School. Coach Penafeather is dedicated to making the Morning Workouts meet the needs of today's young ball players. The morning workouts have been redesigned from years' past. This year we have added an extra day plus an extra half hour per day. This will allow us more time to develop players for the Varsity level through consistent practice.

Staff:

Our staff is made up of talented, successful players/coaches from our 2015 baseball team.

Concepts:

The Morning Workouts are designed to further develop each player's skill and learn new techniques in a non-competitive environment. The staff will stress the importance of the basic fundamentals (throwing, catching and hitting). This year we are also adding a segment that will deal with the Mental side of the game and proper fitness routines. These discussions will take place in the classroom. Most of the material will come from Heads-Up Baseball, a book written by Ken Ravizza and Tom Hanson.

Date and Time:

Tuesday, Wednesday & Thursday

8:30am – 10:30am

July 7th – July 30th

Morning Workouts will be on the Varsity Field

If raining we will use Durgee/Baker

Ages: Players entering grades 7-12

Save for Reference

Campers will need:

own baseball equipment

sneakers for inside use

notebook and pen

Location:

Varsity Baseball Field

If it is raining we will use Durgee/Baker
Fitness Room

Cost:

\$150 for one in family

\$280 for two in family

Space is limited. Reservation is on a first come, first serve basis. We recommend sending in your application early to guarantee your spot

Please make checks payable to:

Baldwinsville Baseball Booster Club

Mail check and completed Application to:

Morning Workout Clinic

PO Box 104, Baldwinsville, NY 13027

For Further information:

Call Head Coach Dave
Penafeather at 430-7959 or email
dpenafeather@bville.org

Only Return Application

Application

for

Baldwinsville Bees Morning Workout Clinic

Name_____

Address_____

City_____

Home Phone_____

Cell Phone_____

Email
Address_____

Age_____ Grade_____

School_____

Signed_____

camper

Approved_____

Parent or Guardian

Please make checks payable to:

Baldwinsville Baseball Booster Club

Mail Check and completed Application to:

Baldwinsville Bees Morning Workout Clinic

PO Box 104, Baldwinsville, NY 13027

Sign Consent Form on Back of Flyer

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