

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: 7/1/17



## 2013 STATE CHAMPIONS



**2017**

## Baldwinsville Bees Baseball

### Morning Workout

For Players going into grades 7 - 12

LEARN TO PLAY THE RIGHT WAY



Tuesday & Thursday

July 4th - August 3rd

Varsity Baseball Field

10:00am - 12:00pm

Sponsored By

Baldwinsville Bees

Baseball Booster Club

Register on line:

[www.bvillebaseball.com](http://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 primary focus of the morning workout will be to continue to work on the skills needed to compete in the summer

### Staff:

Our staff is made up of talented, successful players/coaches from our 2017 baseball team.

### Concepts:

The Morning Workouts are designed to further develop each players skill and learn new techniques in a non competitive environment. The staff will stress the importance of the basic fundamentals (throwing, catching and hitting) along with game play. We will also spend a part of each day talking about the mental side of the game. Some of the discussions will take place in the classroom (Durgee Library). Most of the material will come from Heads-Up Baseball(1st and 2nd), books written by Ken Ravizza and Tom Hanson and audio from Steve Springer (Mental Coach).

### Date and Time:

Tuesday & Thursday

10:00am – 12:00pm

July 4th – August 3rd

Morning Workouts will be on the Varsity Baseball Field

Rain Location: TBA

**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 (On main HS Campus)

Rain Location: TBA

### Cost:

**\$125 for 10 sessions**

**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

OR

**Register on-line @  
[www.bvillebaseball.com](http://www.bvillebaseball.com)**

### For Further information:

Call Head Coach Dave  
Penafeather at 315-430-7959 or email  
[dpenafeather@bville.org](mailto: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

**Sign Consent Form on back of flyer!**

**or register on-line @  
[www.bvillebaseball.com](http://www.bvillebaseball.com)**