



## 12TH ANNUAL AMERICAN LEGION **INDOOR YOUTH BASEBALL / SOFTBALL CAMP** 3 DAY CLINIC MARCH 9 - 11

FOR: BASEBALL AND SOFTBALL PLAYERS, BOYS AND GIRLS AGES

9-14 (PLAYERS WILL BE GROUPED BY AGE) FOR AGES

5-8 OTHER FUN APPROPRIATE KID ACTIVITIES WILL TAKE PLACE THROUGH-

OUT THE DAYS TO INCLUDE NON BASEBALL FUN AND GAMES

WHEN: Monday Tuesday

March 9 March 10 10:00AM-5:00PM 10:00AM-5:00PM

Wednesday March 11 10:00AM-5:00PM

WHERE: HANSHEW MIDDLE SCHOOL GYM

10121 LAKE OTIS PKWY, ANCHORAGE, AK 99507

WHO: INSTRUCTORS INCLUDE, COLLEGE, ANCHORAGE GLACIER PILOTS. AMERICAN LEGION COACHES AND PLAYERS AND HIGH

SCHOOL SOFTBALL COACHES

SESSION #1

**FOR ALL 3 DAYS** 10AM-12:30PM THE FUNDAMENTALS OF THE GAME

FIELDING. THROWING AND BASE RUNNING FUNDAMENTALS

Monday Tuesday

March 9

10:00AM-12:30PM March 10 10:00AM-12:30PM

Wednesday

March 11

10:00AM-12:30PM

PLAYERS ATTENDING ALL DAY SHOULD BRING A SACK LUNCH. SNACKS AND DRINKS WILL BE PROVIDED EACH DAY.

SESSION #2

FOR ALL 3 DAYS 1PM-3PM

ATTACK THE BALL - HITTING CLINIC

USE OF BATTING CAGE, PROPER SWING TECHNIQUE, BASEBALL DRILLS & FUN Monday March 9 1:00PM-3:00PM

Tuesday March 10 1:00PM-3:00PM Wednesday March 11 1:00PM-3:00PM

SESSION #3

FOR ALL 3 DAYS 3PM-5PM

Name

**SMART THROWING** 

Monday

March 9

3:00PM-5:00PM

3:00PM-5:00PM Wednesday March 11

BASEBALL AND SOFTBALL PITCHING TECHNIQUE, BASEBALL DRILLS & FUN

Tuesday March 10 3:00PM-5:00PM

REGISTRATION FORM: TO REGISTER BY EMAIL, SEND FORM TO stevenerland@hotmail.com or REGISTER IN PERSON: DROP OFF COMPLETED REGISTRATION FORM AT:

SLEEP COMFORT BY NERLANDS | MIDTOWN MATTRESS SUPERSTORE

601 W. 36TH AVENUE., #19 | ANCHORAGE, AK 99503 | BETWEEN C STREET AND ARCTIC) OPEN MONDAY-FRIDAY 11-7 | SATURDAY 10-6 | SUNDAY 12-5

FOR MORE INFO CALL SLEEP COMFORT AT 258-2505 OR EMAIL stevenerland@hotmail.com

Mailing Address			Phone	
City	State	Zip	Emergency Phone	
Age How old will player be on 5/1/15 BOY / GIRL (Circle One)				
School				
☐ Check (Make checks payable to AM LEGION BB ☐ Cash ☐ Credit Card (Circle One Below)				
WISA AMERICAN DISCOVER	Card Number			
Exp Date CVC Code	eSign	nature		
Name as it appears on card				

CHARGE WILL APPEAR ON YOUR BILL AS "SLEEP COMFORT BY NERLAND" WHO WILL PAY AMERICAN LEGION BASEBALL

ADDITIONAL COPIES CAN BE DOWNLOADED AT WWW.ALASKALEGION.COM

**CHOOSE YOUR SESSION** MARCH 9, 10, 11

SESSION #1

10AM - 12:30PM

□ \$45

□ \$35

□ \$95

SESSION #2

1PM - 3PM

□ \$35

**SESSION #3** 

3PM - 5PM

ATTEND ALL 3 DAYS - ALL DAY MARCH 9, 10 & 11 10AM - 5PM

**SAVE \$20** 

ATTEND 5 DAYS - ALL DAY **MARCH 9 - 13** 10AM - 5PM

SAVE EVEN MORE!!

□ \$150

WAIVER OF LIABILITY: By registering the applicant understands that the participant will be engaged in physical activity during the camp program which contains an inherent risk of physical injury. The undersigned assumes the risk and releases American Legion, The Alliance for the Support of American Legion Baseball in Alaska, and the camp staff from any and all liability for personal injury which may occur from the applicant's participation. I hereby grant my permission for my child to be treated by a trained medical physician, athletic trainer and/or hospital emergency room to administer necessary health care in the event of injury, accident or illness. I will secure adequate family insurance coverage if additional protection is desired.

APPROVED ACTIVITY OF

AMERICAN LEGION BASEBALL AND SERVICE HIGH SCHOOL

THE ANCHORAGE SCHOOL DISTRICT DOES NOT ENDORSE THESE MATERIALS OR THE VIEWPOINTS EXPRESSED WITHIN

