



ELITE SUMMER PROGRAM 2010

The **Elite Summer Program** is for serious baseball players. The program will start the first week of June and go through the end of August. The program is designed to go 8 sessions per month. Each month is separate, we encourage players to attend all three months to maximize their training. We will be looking to have groups of six players so if you have a friend you'd like to do it with please let us know. The program will be twice a week for approximately 2 hours per session. The program will be as follows:

- 30 MINUTES OF HITTING
- 15 MINUTES OF THROWING
- 15-20 MINUTES OF FIELDING
- 45 MINUTE SPEED, POWER AND AGILITY TRAINING (EMPHASIS ON IMPROVING CORE STRENGTH, BASE-RUNNING AND 60YRD DASH TIMES)
- *HAVING A PARTNER IS RECOMMENDED BUT NOT REQUIRED*

The program will be facilitated by a **Bases Loaded** staff members as your personal trainers. This program is designed to develop and enhance your baseball skills while learning how to follow a professional workout schedule. We will accept players from age 12 and up. If you happen to miss a session it must be made up the same week or you will lose the session. Please schedule your appointment times at the front desk

COST: \$300 member/\$330 non-member for one month (If you sign up for 2 or more months the price will be **\$275 member/\$305 non-member**)

Please bring registration form to the front desk or mail to:

BASES LOADED 6020 HWY 119 Montevallo, AL 35115

Player Name: _____ Age: _____

Parents Name: _____ Phone: _____

I, the understand give permission for my child to participate in the Bases Loaded Baseball Summer Programs. The authorization shall waive, release and absolve Bases Loaded and the Bases Loaded Summer Program staff from any and all liability for injury and illness incurred at the camp. I give the staff permission to act on my behalf according to their best judgment, in an emergency. I also certify that the above applicant has no physical problems or disabilities that would impede his or her participation at the Bases Loaded Baseball Summer Camp other than those notified on an attached sheet with the application.

Parents

Signature: _____

