OAKLAND UNIVERSITY 2010 SPRING TRAINING BASEBALL CAMP
SATURDAY APRIL 3, 2010 Ages 8-19

Session 1 –Hitting **9 am – 12:30 am** **$50.00**
Covers complete fundamentals in hitting. Each camper will be given individual instruction along with various hitting drill work to enhance their offensive game.

Session 2 – Pitching / Catching **1:00 noon – 3:15 pm** **$25.00**
Staff will cover various drills and mechanics to help create an efficient delivery. Camp will cover arm care, drills and pitcher fielding practice. Catchers will be taught proper framing, blocking, stance, and throwing techniques along with how to properly field bunts**.**

Session 3 – Defense / Agility **3:30 pm – 5:30 pm** **$25.00**
Staff will cover proper defensive foot work and defensive techniques. Base running and speed agility training is included in this camp as well.

Oakland Baseball Staff

John Musachio – Third season as Head Coach at Oakland University. Served as an assistant coach at both Oakland University and Michigan State University. Former Bradley University MVP who played professionally in the Chicago White Sox organization.
Del Young – Second season as Head Assistant Coach at Oakland University. Served as Head Assistant Coach at Eastern Michigan University as Eagles won MAC championship and played in 2008 NCAA Ann Arbor Regional. Uncle Curt Young is the Oakland A's pitching coach.
John Toth – Former OU player, 1st season an assistant coach.
Jonathon Zalenski - Former OU player, 1st season an assistant coach.
Justin Wilson- Former OU player, 1st season an assistant coach.

Name_____**Address**_____**City, State,Zip**_____
Email_____ **Phone Number(s) Home / Cell**_____
Age_____ **What Session(s) will you be attending "circle sessions"** - #1 #2 #3 All 3
T-Shirt size please circle s m l xl

PEAK PERFORMANCE BASEBALL Waiver and Release I/We, the undersigned parents and/or legal guardians of_____ (hereinafter "participant") wish to have participant engage and take part in this PEAK PERFORMANCE BASEBALL activity/event and any future PEAK PERFORMANCE BASEBALL activities/events. I/We understand that, while he is participating in this PEAK PERFORMANCE BASEBALL activity/event and any future PEAK PERFORMANCE BASEBALL activities/events, he will be using public and/or private facilities where hazards may or do exist and I/we am/are aware of and appreciate the risks that may result. I/We have carefully read this Waiver and Release and fully understand its contents. I/We am/are aware that by signing this Waiver and Release, I/we am/are waiving legal rights and, knowing this, sign it of my/our own free will.

Name of Parent / Guardian_____ **Signature**_____ **Date**_____

Mail in or turn in at Peak Performance Baseball, 1415 W. Center Ave. Suite C-112, Essexville, MI 48732 , make checks payable to Peak Performance Baseball

www.ppbaseball.com