



Power Pitching & Hitting, Inc.

BASEBALL CAMPS 2010

FULL DAY CAMP 9am to 3pm

HALF DAY CAMP 9AM to 12pm



Camps Include:



Pitching • Hitting • Fielding • Catching •

BAT SPEED • BASERUNNING •

Awards, and Contests

Power Pitching & Hitting, Inc. has teamed up with SPORTZONE in EDISON to offer a Summer Camp experience like no other. Since 2002 we have been providing players of all ages with Summer Camps, Clinics and Private lessons and now we get to bring our experience to you! This has us excited! We have worked with over 2,000 players in the last 8 seasons and we are looking forward to putting on an exceptional camp special

for ALL Players of all ability levels! Ages of the camp are 6 to 13!

What makes our camps different? Many things but lets start with out position specific options. Every camper receives basic instruction in Hitting, Throwing, Bunting, Base running, and Fielding. **BUT OUR CAMPERS CAN SIGN UP BY POSITION AND GET ADVANCED INSTRUCTION IN A POSITION(S) OF THEIR CHOICE EVERYDAY.**

Every camper will compete to win various awards and contests. This year the winners of our contests and awards will receive awards to commend them on their efforts. All camps are staffed with our professional and fun staff. Please be sure to check out www.pphbaseball.com to view our baseball programs!

CAMP IS FROM 9am – 3pm

Costs: Only \$250 per camper Half Day \$150

CAMP IS Monday through Friday

Camp Dates and Locations

**JULY 5th through JULY 9th
August 2nd through August 6th**

**SPORT ZONE in EDISON
76 Carter Drive
Edison, NJ 08817**

REGISTER BY MAIL

Power Pitching & Hitting
PO BOX 241, PLAINSBORO NJ 08536

Or

SPORTZONE
76 Carter Drive Edison, NJ 08817

What you will get

- Quality Baseball instruction
- Opportunity to learn how to step up their game with drills the pros use
- Advanced and Basic Instruction
- The most comprehensive baseball instructional camp in the area with the most locations traveled to.
- A chance to win awards for sportsmanship and contest based on performance.
- Train with the original travel baseball academy in the area

Camp Format Information


(Schedule is tentative)

Monday

- 9:00 Attendance and agenda
- 9:15 Stretch
- 9:30 Proper Throwing Drills and Mechanics
- 10:00 Batting (mechanics demonstration)
- 10:30 Batting Practice
- 11:30 Group Breakdown (P,C,IF,OF)
- 12:30 Lunch
- 1:00 Bunting
- 1:30 Team Baseball Games
- 3:00 Dismissal

Tuesday

- 9:00 Attendance and agenda
- 9:15 Stretch
- 9:30 Proper Throwing Drills and Mechanics
- 10:00 Baserunning
- 11:00 Group Breakdown (P,C,IF,OF)
- 12:30 Lunch
- 1:00 PREGAME BATTING PRACTICE
- 1:30 Team Baseball Games
- 3:00 Dismissal



**Log on to our site for
our other programs:
www.pphbaseball.com**

Wednesday

- 9:00 Attendance, Agenda, Stretch, Warm Up
- 10:00 All players basic fielding
- 11:00 Group Breakdown (P,C,IF,OF)
- 12:00 Lunch
- 12:30 Batting Practice
- 1:30 **HOME RUN DERBY**
- 3:00 Dismissal

Thursday

- 9:00 Attendance, Agenda, Stretch, Warm Up
- 10:00 **FIELDING CONTEST**
- 11:00 **ACCURACY THROWING CONTEST**
- 12:30 Lunch
- 1:00 **BASERUNNING CONTEST**
- 1:30 **TEAM GAMES**
- 2:30 **AWARDS**
- 3:00 Dismissal

Friday

RAIN DATE IF NEEDED

Please send check or money order, payable to POWER PITCHING & HITTING for \$175 per child, with completed enrollment form, to us at: PO Box 241, Plainsboro, NJ 08536 or Send in to SPORTZONE FITNESS Center, 76 Carter Drive Edison NJ 08817

Player's First Name	_____	Last Name	_____
Street Address	_____	City, State, Zip	_____
Player's Age	_____	Phone	() _____
Mother's Name	_____	Father's Name	_____
Emergency Contact	_____	Relationship	_____
Emergency Phone	_____	Email Address	_____

Does the player have any medical condition that would preclude/restrict participation in the clinic?
 YES NO If YES, please explain.

Primary Position: (Please Circle One) P C IF OF
 What position do you want to learn most about during the camp?

Please Specify which week you are attending. (Circle one)
July 5 or August 2nd
FULL DAY or HALF DAY (circle one)

Waiver: I the undersigned, as a parent or guardian of the named applicant for entry into the clinic activities offered at SPORTZONE FITNEESS CENTER Facilities & Adjacent Fields do hereby give permission and approval for the applicant's participation in Instructional Classes offered by Power Pitching & Hitting Professional Baseball Instruction, Inc. I further agree to assume all risks and hazards incidental to such participation, and I do hereby waive, release and absolve the organizers, sponsors, directors, managers, coaches, instructors, and participants from any claim arising out of injury to the applicant, my son/ daughter/ ward.

Medical: I give my consent for any emergency medical/ surgical treatment to be given to my child. This treatment pertains to life threatening situations or any other medical emergencies such as fracture or suturing. I give my consent for the emergency to treat my child. This does not apply to elective surgery.

Signature of Parent _____

Date _____