



# *Power Pitching & Hitting, Inc.*

BASEBALL CAMPS 2010

**REGISTER ONLINE!**

**REGISTER BY MAIL!**

Camps Include:

Pitching • Hitting • Fielding • Catching •  
BAT SPEED • BASERUNNING • Arm Care  
Awards, and Contests

We're Back for  
2010!

Power Pitching & Hitting, Inc. has teamed up with MILLTOWN for the 3rd Year in a row 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 7 years and we are looking forward to putting on an exceptional camp special  
for MILLTOWN Players!

**1 WEEKS OFFERED THIS YEAR!**



***CAMP IS FROM 9am – 3pm***

***Costs: Only \$175 per camper***

***Half Day Option: 9am-12pm (only \$125)***

***CAMP IS Monday through Thursday (Friday is Rain Date)***

## **Camp Dates and Locations**

**JUNE 28<sup>th</sup> – July 1<sup>th</sup>**  
**Burrough Park FIELDS**  
Full Day \$175 or Half Day \$100

**Full Day \$175 or Half Day \$100**

PLEASE BE SURE TO CHECK OUT  
ARE OTHER PROGRAMS SUCH AS  
OU PRIVATE LESSON, BAT SPEED,  
AND VELOCITY DEVELOPMENT!

## **What you will get**

- Quality Baseball instruction
- Opportunity to learn how to step up their game with drills the pros use
- Power Pitching Profession Staff
- The most comprehensive baseball instructional camp in Middlesex County with the most locations traveled to.
- A chance to win awards for sportsmanship and contest based on performance.

**Power Pitching & Hitting (732) 586-1309 [www.pphbaseball.com](http://www.pphbaseball.com)**

**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](http://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 \$200 per child, with completed enrollment form, to us at: PO Box 241, Plainsboro, NJ 08536**

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            T SHIRT SIZE    YM    YL    S    M    L  
What position do you want to learn most about during the camp?

Please Specify which week you are attending. (Circle one)

**MILLTOWN**  
**FULL DAY (\$175) or HALF DAY (\$100)**

*Waiver: I the undersigned, as a parent or guardian of the named applicant for entry into the clinic activities offered at East Brunswick Baseball League's 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 \_\_\_\_\_