

High School Baseball Team Training Program

The Sports Center

Location: **2512 Tiltons Corner Road (off Atlantic Ave.) Wall, NJ across from South Wall Firehouse**

Dates: Fridays and Sundays (**16 work-outs**): **January 8, 10, 15, 17, 22, 24, 29, 31, February 5, 7, 12, 14, 19, 21, 26, 28**

Time: 4:00 – 6:00 PM

Cost: **\$300** for the **16** sessions (**32** hours total)

Work-outs will begin with speed and strength training under the direction of **Calvin Thompson** and his staff. Then players will go through a 1 ½ hour baseball work-out consisting hitting drills, live hitting, and throwing/fielding under the direction of **John Wells, Houston Astros scout and General Manager/Owner of the nationally ranked Baseball U travel program**. This is a great opportunity to prepare for the upcoming 2010 season. This program will also count towards the number of work-outs MHS players must have in order to try-out for the 2010 season.

Bring bat, glove and drink

\$150 deposit is required by 12/15/2009 with balance due before 1/15/2010

The 1st 20 to return deposit and form will have a spot.

**** PLEASE NOTE: Participating in these work-outs DOES NOT guarantee you will make one of the HS teams. It does give you a chance to prepare and improve yourself for try-outs in March.**

Please return registration form to
Coach Van Pelt ASAP

<p style="text-align: center;">High School Baseball Team Training Program</p>
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Name: _____

Grade: _____

Shirt Size: _____

Parent Name: _____

Parent E-mail: _____

You will receive an e-mail confirmation prior to start of camp.

Payment: **Please circle one**

Cash Check (**Please make out to Manasquan Baseball Club**)

Amount: \$ _____

Please place this form with check and or cash in an envelope with your name on it. Give envelope to Coach Van Pelt. A check is preferred if possible

Any questions, call Coach Van Pelt at (732) 489-1911