



# \$40 Winter Baseball Clinic & T-Shirt

President's Day - Monday, February 20, 2012



## \$40 Winter Baseball Clinics

**And FREE T-SHIRT**

President's Day

Monday, February 20, 2012

**Grades** – (5th – 8th)

**Session** – 9:00AM – 12:00PM

- Registration begins at 8:30AM

**Grades** - (1st - 4th)

**Session** - 1:00PM - 4:00PM

- Registration begins at 12:30PM

**Clinic location:**

**The Baseball Station**

**105 West Dewey Ave.**

**Wharton, NJ**

[www.thebaseballstation.com](http://www.thebaseballstation.com)

**(973) 343-6530**

Cost of the clinic will be **\$40** (\$45 cash only on the day of the clinic) and should be sent in with the registration form filled out.

### Hitting, Fielding & Throwing Grades 1<sup>st</sup> – 4<sup>th</sup>

#### Staff

**Adam Bonfiglio** – Program Director

Head coach - Morris Knolls Varsity baseball.

**Rich Luttenberger** – Coach - Morris Knolls High.

Instructor - Pro Motion Baseball Camps and Clinics.

**Other Baseball Station Staff/Instructors will be joining the program as needed.**

#### About the Clinic

This clinic is an all around workout for players that focuses on batting, fielding, and throwing skills.

Each player will rotate to various stations to learn the proper mechanics of :

- Hitting (stance, grip, bunting, etc.)
- Fielding (form & mechanics)
- Throwing (form & mechanics)

**What to Bring: (PLEASE PUT YOUR NAME ON ALL YOUR EQUIPMENT)**

- Bat
- Baseball Glove
- Batting Gloves
- Helmet
- Water
- Sneakers – no cleats allowed
- **Waiver release (found on the website)**

The cost of day camps like this one are qualified expenses for dependent care tax credits. You may be able to recover up to 30% of the camp cost as a tax credit.

### Hitting & Bunting Clinic Grades 5<sup>th</sup> – 8<sup>th</sup>

#### Staff

**Adam Bonfiglio** – Program Director

Head coach - Morris Knolls Varsity baseball.

**Rich Luttenberger** – Coach - Morris Knolls High.

Instructor - Pro Motion Baseball Camps and Clinics.

**Other Baseball Station Staff/Instructors will be joining the program as needed.**

#### About the Clinic

This clinic is designed to provide a safe and fun environment for players to develop and improve their skills. Drill work will be incorporated in these areas.

#### Hitting:

- T-work
- Soft Toss
- Underhand flips
- 15 foot live pitching

Each player will get at least 200 swings

#### Bunting:

- Bunting Stance and footwork
- Safely avoiding a wild pitch

**What to Bring: (PLEASE PUT YOUR NAME ON ALL YOUR EQUIPMENT)**

- Bat
- Batting Gloves
- Helmet
- Water
- Sneakers – no cleats allowed
- **Waiver release (found on the website)**

## Registration Form

Name \_\_\_\_\_

Grade \_\_\_\_\_ Session AM \_\_\_\_\_ PM \_\_\_\_\_

Experience Level: \_\_\_\_\_ Beginner  
\_\_\_\_\_ Intermediate  
\_\_\_\_\_ Advanced

Circle T-Shirt

Youth size:            S    M    L    XL

Email \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Town/School \_\_\_\_\_

Parent/Guardian Name  
\_\_\_\_\_

Mail completed form and \$40 payment payable to: The Baseball Station  
c/o John Dispenziere  
339 Main Road  
Montville, NJ 07045

**Or call for credit card registration (add \$1.00 for credit card registrations)**

\*please cut off the registration form and send in with payment, keep the info side for your records. Any questions regarding the clinic, please feel free to call or email The Baseball Station.