



BASEBALL - SOFTBALL
INFIELD FUNDAMENTALS CLINIC



DATE: Saturday, April 17, 2010

LOCATION: Plymouth Regional High School Baseball Field, Plymouth, NH

TIME: 9:00 am to 12:00 pm

COST: \$40.00 per ballplayer [NO REFUNDS]

AGES: 5-18

PROGRAM: Infield play provides a detailed overview of the fundamentals and techniques required for solid defensive play.

EQUIPMENT: Baseball Glove, Hat, Pants, Shorts, Sneakers and a Light Snack

THE LINE-UP:

#1. Body formation	#8. Top hand - soft hands
#2. Teaching progressions	#9. Lateral & backward movement
#3. Proper fielding position	#10. Defensive position double play
#4. Throwing for infielders	#11. Underhand & overhand flips
#5. Fielding techniques	#12. Proper extension
#6. Ground ball fielding	#13. Reading short vs. long hops
#7. Quick release & throwing accuracy	#14. Pop-up work

APPLICATION

Please enroll my child. I understand that the *Infield Clinic or anyone associated with the clinic* will not accept any responsibility for accidents or injuries incurred at the clinic.

CHILD'S NAME: _____

MAILING ADDRESS: _____

E-MAIL ADDRESS: _____

DATE OF BIRTH: _____ **CURRENT AGE:** _____

HOME TELEPHONE: _____

CHILD'S MEDICAL INSURANCE PLAN: _____

My child is in good health and has my permission to participate.

Parent/Guardian Signature

Date

Please mail this application and check for \$40.00 made payable to **DIAMOND STAR CAMPS:**

Tom Underwood
P.O. Box 344
Plymouth, NH 03264

Home Telephone: 536-3139
E-mail: tusqueze@roadrunner.com
Web Page: www.diamondstarcamps.com