

2009 ROCKFORD BASEBALL



Total Offense and Defense Baseball Camp

The Rockford Total Offense and Defense Baseball Camp is for grades two through ten. The program directors will be the Rockford High School's baseball coaching staff. Bring your glove and bat. In case of inclement weather, the camp will be moved to the upstairs gym at Rockford High School.

June 9-11 Tuesday, Wednesday, and Thursday

Grades 2-4 at 8:00-10:00 am

Grades 5-7 at 10:15 am-12:15 pm

Grades 8-10 at 1:00-3:00 pm

OFFENSIVE AREAS OF FOCUS

- Batting Approach
- Batting Mechanics
- Batting Philosophy
- Hitting Drills
- Bunting
- Base Running



DEFENSE AREAS OF FOCUS

- All fielding positions excluding pitching and catching.
- Throwing Mechanics
- Fielding Mechanics
- Fly Balls
- Ground Balls
- Positioning

Register by **June 2nd** to insure a t-shirt.

Please make checks payable to Rockford Baseball and mail check and registration to-----

Please direct all questions to Coach Ian Hearn- W)863-6348 C)231-392-9221

ihearn@rockford.k12.mi.us

Rockford HS Athletics

Attn: Baseball Camp

4100 Kroes Rd.

Rockford, MI 49341

2009 ROCKFORD BASEBALL TOTAL OFFENSE AND DEFENSE BASEBALL CAMP--\$65

Name: _____

Address: _____

Phone Numbers Home: _____ Cell: _____ Work: _____

Parent/Guardian Names: _____

Grade: _____ Session: _____ T-shirt size: _____

My son hereby agrees to participate in the Rockford Baseball Total Offense and Defense Baseball Camp and will abide by all baseball and safety rules put in place. We will not hold Rockford Baseball Total Offense and Defense Baseball Camp or Rockford Public Schools responsible for any injury that may be sustained while participating in the baseball camp.

_____ Parent/Guardian Signature and Date