



# 2019 Rockford Baseball March Skills Camp

## When?

**Saturday, March 16,**

**A: 8:30am – 10am**

**B: 10:30am – 12pm**

## Where?

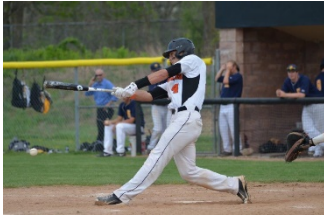
**Rockford Baseball Academy**

10451 Northland Drive, Suite C, Rockford MI

## Who?

**Session A: grades 1<sup>st</sup> through 4<sup>th</sup>**

**Session B: grades 5<sup>th</sup> through 8<sup>th</sup>**



### General Skills Camp:

- Swing Essentials
- Drill Work
- Situational Hitting
- Bunting
- Hitting Philosophy
- Essentials of throwing mechanics (OF, IF)
- 5 essential drills to improve your IF game
- OF drills and positioning philosophies



### General Skills Camp:

- Essential pitching mechanics
- Approaching counts
- Reading a batter
- Developing mental edge on the mound
- Catching drills
- Receiving and blocking balls

### Staff:

- Matt Vriesenga: Rockford Head Coach
  - former pitcher in the St. Louis Cardinals Org.
- Sean ORourke: Rockford Asst. Coach
- Matt Schepel: Rockford Asst. Coach
  - Members of the Varsity Baseball team
  - Members of Coaching Staff



# ROCKFORD HIGH SCHOOL BASEBALL MARCH SKILLS CAMP

## CAMP SPECIFICS

- This is a fundraiser for the Rockford Varsity Baseball Team.
- This is a General Baseball Skills Camp to get a leg up on the upcoming season.
- Registration is open at 8:00am for Session A and 10:00 for Session B.
- Cost:
  - \$20 Pre registration
  - \$25 day of registration
- Please make checks payable to “**Rockford Baseball Academy**”
- Mail to: **Matt Vriesenga**  
**2811 Midland Drive**  
**Grand Rapids, MI 49506**
- What to bring for : Glove, bat, helmet (we will have a limited number of bats and helmets available, water bottle.
- Questions: Call or e-mail Head Coach Matt Vriesenga
  - E-mail: [mvriesenga@vprm.net](mailto:mvriesenga@vprm.net)
  - Phone: 616-634-0319

# Registration Form

Students Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Session: Please Check next to the sessions attending  
March 19: A: \_\_\_\_\_ B: \_\_\_\_\_

Does your son or daughter have any medical conditions, Allergies or injuries we should be made aware of? Yes / NO notes: \_\_\_\_\_

\_\_\_\_\_

I hereby voluntarily release and hold harmless Rockford Public Schools, Rockford Baseball Academy and the Rockford Baseball Team and Coaches from all liability for all types of damages, or injuries, whether foreseeable, or not, sustained by myself, my child or any other family member, while participating, watching or traveling to or from this event.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_