

## CAMP AGENDA

### Players

Boys entering the 7<sup>th</sup>, 8<sup>th</sup> or 9<sup>th</sup> grade

### Date

June 4-7, 2018

### Time

8:30 a.m. – 10:30 a.m.

### Cost

\$50/includes T-shirt (pay @ camp, online @ [www.fhcsummercamps.com](http://www.fhcsummercamps.com) or [fhcdfhc.sharpschool.net/activities](http://fhcdfhc.sharpschool.net/activities) – then choose Spartan Summer Camps)

**REFUND POLICY: No refunds after June 4th**

### Reservations

Please reserve your spot by calling 636.851.4669

Leave players name and grade

### Permission Form

All players must have a signed parent permission form located on the back of this brochure in order to participate.

### Equipment

Glove, Bat, Hat, Pants, Spikes and Water Bottle

### Monday

Topic: Throwing a baseball. Players will learn the proper mechanics to throw a baseball including the grip and arm position. Players will then be divided by position and work on individual throwing skills.

8:30 – 8:55 Stretch and Throw

8:55 – 9:15 Mechanics of Throwing

9:15 – 9:30 Throwing for accuracy & speed

All players will have their throws clocked by a radar gun.

9:30 – 10:30 Practice Game

### Tuesday

Topic: Fielding a baseball. Players will learn the proper mechanics to field a baseball including the stance and body position. Players will then be divided by position and work on individual throwing skills.

8:30 – 8:55 Stretch & Throw

8:55 – 9:15 Mechanics of Fielding

9:15 – 9:30 Catchers, Infielders & Outfielders Fielding

9:30 – 10:30 Practice Game

## CAMP AGENDA

### Wednesday

Topic: Hitting a baseball. Players will learn the proper mechanics to hit a baseball including the grip, stance and swing. Players will then drill stations focusing on all aspects of hitting.

8:30 – 8:55 Stretch & Throw

8:55 – 9:15 Mechanics of Hitting

9:15 – 9:30 Soft Toss, Tee Drill, Measure bat speed using a radar gun.

9:30 – 10:30 Practice Game

### Thursday

Topic: Playing your position. Players will learn the proper mechanics to effectively play their position. Players will then be divided by position and work on individual throwing skills.

8:30 – 8:55 Stretch & Throw

8:55 – 9:15 Defensive Strategies

9:15 – 9:30 Pitchers & Catchers, Infielders & Outfielders Fielding

9:30 – 10:30 Contests

We hereby give our consent for the above student to participate in the Francis Howell Central High School Baseball Camp. We hereby agree to hold the school district of which this school is a part, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, activities, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child in any activities related to the interscholastic program of his/her school.

If we cannot be reached in the event of an emergency, we also give consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school athletic activities.

My child wishes to participate in the sport of Baseball for the Francis Howell School District. I realize that there are risks involved in my child's participation. I understand that the risk to my child includes a full range of injuries, from minor to severe, and that the result could be death, paralysis, or other serious, permanent disability. I agree to accept this risk as a condition of my child's participation.

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Player

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Parent Signature/Relationship/Phone #

**Francis Howell Central**

## **“Baseball Philosophy”**

Our goal every year is to develop positive morals, ethics and leadership skills both on and off the field. We strive to make both on and off the field. WE strive to make each player better and the team more successful. Hustle, attitude and determination will make our program successful. It is our belief, placing trust in the coaches, players, parents and students that we can become the most successful program in the state. The foundation has been set for the younger players to follow and together we can achieve any goal. Play hard, play smart and play as a team!

## **COACHES**

**Varsity Head Coach**-Ray Howard

**Asst. Varsity Coach**-Brian Cissell

**JV Coach**- Zack Sheets

**Asst. JV Coach**-Aaron Pearson

**Freshman Coach**-Jim Greco

# **FRANCIS HOWELL CENTRAL BASEBALL CAMP 2018**



## **“Building Champions”**

On & Off the Field

**Contact Coach Howard**

**To Register 636.851.4669**

**Cost \$50.00**

Make checks payable to FHC

Payment due on first day of camp, online at [www.fhcsommmercamps.com](http://www.fhcsommmercamps.com) or [www.fhsdschools.org](http://www.fhsdschools.org) choose FHC/Activities/Spartan Summer Camps

**NO REFUNDS AFTER JUNE 4th**