



## BOYS OF SUMMER BASEBALL TRAINING CAMPS

### Spring Pitching Clinic 2010 (Fargo, ND)

- 1) Dates: Sundays & Thursdays: April 8<sup>th</sup>, 11<sup>th</sup>, 15<sup>th</sup>, & 18<sup>th</sup> 2010
- 2) Location: DASH Sports 1401 5<sup>th</sup> Ave. N. Fargo 58102
- 3) Groups & Times:
  - a. Only 1 group, Ages 8-18 (we will split up by age at camp)
  - b. Times: On Thursdays (8<sup>th</sup> and 15<sup>th</sup>): 6:30 to 8:30  
On Sundays (11<sup>th</sup> and 18<sup>th</sup>): 1:00 to 3:00
- 4) Cost: \$100 for full camp (e-mail for prorated cost if you can't make full camp)
- 5) What to bring: Tennis shoes (no spikes), baseball cap, glove, warm clothes such as long sleeve shirt/jacket and long pants, & water
- 6) Camp Details:
  - a. This is a pitching camp only, we will only cover aspects related to pitching
  - b. Video Analysis: Your pitching motion/mechanics will be videotaped and analyzed during the camp with a B.O.S. instructor
  - c. Radar gun pitch speed: We will test your throwing speed with a radar gun during this camp
  - d. Players will be taught the various key steps of pitching and each player will receive individual attention and analysis from instructors on how to best fix their pitching mechanics
  - e. Numerous pitching drills, equipment, and stations all geared toward improving throwing mechanics, which in turn will improve velocity and accuracy
  - f. We also will work on off-speed pitches with those that are ready

To register for this camp, please fill out the Registration & Waiver form and either mail with a check, or purchase online and bring the waiver/registration to the first day of camp.

**Mail To: Boys of Summer 11430 Hastings St. NE Blaine, MN 55449**

Questions? Contact Josh Oien at 701-306-3218/josh@boscamps.com

**[www.boscamps.com](http://www.boscamps.com)**



**Boys of Summer Baseball Training Camps**

# Registration, Waiver, & Release of Liability

Which Camp(s) are you registering for? \_\_\_\_\_

Today's Date \_\_\_\_\_ Total Cost/Amount Enclosed \_\_\_\_\_

Athlete's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_

Both Parent's/Guardian's Names \_\_\_\_\_

Home Phone # \_\_\_\_\_ Athlete's Cell # \_\_\_\_\_ Parent's Cell #'s \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail Address(s) \_\_\_\_\_

School \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Does the Athlete have any medical conditions, injuries, or anything that may possibly be affected by participating in this training program? YES NO (circle one) If YES, EXPLAIN below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Boys of Summer LLC camp participants assume all risk of personal injury, death, property loss, or other damages that may relate to attending or participating in any of Boys of Summer LLC programs, activities, or special events. By assuming those risks you and your guests waive, and release, all claims you or your guests may have or may want to assert against Boys of Summer, its trainers, Josh Oien, officers, directors, managers, employees, agents, and representatives for any such personal injuries, death, property loss, or other damages connected to or arising out of any of the aforesaid risks. You and your guests release Boys of Summer from all claims, damages, demands, rights of action, causes of action, and liabilities, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the visitor's and its guests' attendance at our use of our facility or their participation in any of our activities, programs, or special events, including, without limitation, those arising from our negligence or that of any other member of the Boys of Summer. You and your guests also release all members of the Boys of Summer from all liability relating to loss, theft, or damage to personal property. By signing this form, you represent that the visitor is physically fit to engage in the activities in which he or she participates in the training camp. You are solely responsible for all health risks associated with those activities. By signing this document, I declare that I have no known medical problems that would preclude my participation in the programs, and the information provided to Boys of Summer regarding my medical history and physical condition is, to the best of my knowledge, true and correct. My participation in the Boys of Summer program is voluntary and I assume all risk of injury or contraction of any illness or medical condition that may result, or the aggravation of any pre-existing medical condition I may have, or any damage, loss or theft of any personal property resulting or arising out of my participation in the program. I understand and acknowledge that Boys of Summer has no expertise in diagnosing, examining or treating any medical condition, whether existing or incurred as a result of my participation in the Boys of Summer program. I understand and acknowledge that Boys of Summer has made no guaranty of success or improvement as a result of my participation in the program.

I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A COMPLETE RELEASE OF LIABILITY. THAT I HEREBY WAIVE ANY RIGHT THAT I MAY NOW HAVE OR WILL HAVE TO BRING ANY LEGAL ACTION AGAINST BOYS OF SUMMER, ITS EMPLOYEES, AGENTS, SUCCESSORS OR ASSIGNS, FOR ANY LIABILITIES THAT MAY RESULT, WHETHER DIRECTLY OR INDIRECTLY, FROM BOYS OF SUMMER NEGLIGENCE. BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE CAREFULLY READ AND FULL UNDERSTAND THIS RELEASE.

Parent/Guardian Printed Name \_\_\_\_\_  
(if athlete is under 18yrs of age)

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if athlete is under 18yrs of age)

Relationship to Athlete \_\_\_\_\_

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