



2018 MSUB Baseball Winter Camp
December 1st-2nd (Saturday-Sunday)

Class of 2019-2023

Billings, MT: P.E. Building (Lower Gymnasium)

Camp Description

Don't miss this opportunity to work with the MSUB Baseball coaching staff on your baseball skills. Camp will include two options of pitching/catching on Saturday and hitting camp on Sunday. Campers can choose to come to both sessions or just one.

Equipment

Each camper must bring his own baseball equipment. Players should bring a glove, running shoes or turf shoes, hat, and any other equipment they feel necessary. Catchers are recommended to wear baseball pants, but it is not required. Catchers must bring their own gear. The camp is not responsible for lost belongings.

Parking/Directions

The Lower gym is located in the bottom floor of the Physical Education building next to the softball field. Guest parking passes will be available for the tennis court lot across the road.



REGISTRATION FORM

If you prefer you may register online at <http://www.msubbaseball.com> and click on the Pitcher/Catcher Prospect Camp tab. There will be a small registration fee incorporated with online registration. If not, please fill out this registration form and send back to the address below.

Please provide the following detailed information and mail with your payment to:

(No Credit Card payments accepted with mail-ins.)

Yellowjacket Sports Camps
MSU-Billings (Athletics)
1500 University Drive
Billings, MT 59101

If you prefer to deliver your pre-registration and payment, you may deliver them to the Athletic Department in the Physical Education Building (gymnasium). Please call 405-245-3122 or email grant.hamilton2@msubillings.edu if you have any questions.

Participant's Name: _____ Age: _____ Class: _____

Circle Camp Position(s): RH Pitcher LH Pitcher Catcher Hitter

City: _____ State: _____ Zip: _____

Daytime Phone: (_____) _____ Other Phone: (_____) _____

E-Mail Address: _____ T-Shirt Size: _____

Please Check:

___ **Pitcher/Catcher Camp cost—\$100**
*Includes camp shirt

___ **Hitters Camp --\$75**
*Includes camp shirt

*****Campers who select to come both days will receive \$25 discount on registration fee.**

Added Features

___ **Pitching Video analysis—\$50**
Includes: velocity readings, written evaluation from Yellowjacket staff, multi-angle video breakdown

___ **Catching Video analysis -- \$50**
Includes: pop times & velocity, written evaluation from Yellowjacket staff, multi-angle video breakdown

___ **Hitter Video analysis -- \$50**
Includes: ball exit speed, written evaluation from Yellowjacket staff, multi-angle video breakdown of swing

*****Campers who select two or more features will receive \$25 discount on video package.**

For more information, please visit us on the website: <http://www.msubbaseball.com/index.cfm>
Please make checks payable to Yellowjacket Sports Camps

Payment Enclosed (Check Amount): \$ _____

IMPORTANT NOTES: (1) ALL PARTICIPANTS AND AT LEAST ONE PARENT MUST READ AND SIGN THE AGREEMENT TO PARTICPATE BELOW.

(2) MSU-BILLINGS DOES NOT PROVIDE INSURANCE TO PAY FOR INJURIES SUSTAINED BY CAMP PARTICIPANTS. PARENTS MUST AGREE TO PAY FOR AN INJURY THE CHILD MIGHT SUSTAIN.

AGREEMENT TO PARTICIPATE

(PRIOR TO PARTICIPATION, THIS DOCUMENT MUST BE SIGNED BY EACH PARTICIPANT AND AT LEAST ONE PARENT).

Participation in individual and team sports activities is reasonably safe as long as certain guidelines are followed. Many sports and physical activities offer varying levels of aerobic and anaerobic training, conditioning, personal skill improvement, and competition experiences that can significantly improve muscular and cardiovascular (heart/lung) strength and endurance. Regardless of whether you compete in basketball, soccer, tennis, cross country, golf, softball, volleyball, baseball, cheerleading, or some other sport, it is extremely important you are healthy and physically fit in order to be prepared to practice and compete.

If you have any condition that might prevent you from participating safely or if you have had any previous injuries or complications from athletic participation, you are required to communicate that information to the leader of your sports camp or event prior to your participation. By voluntarily deciding to participate in this event, you are affirmatively acknowledging that you are both physically fit enough and skilled enough to train, practice, and compete in a safe and reasonable manner. If at any time you are uncertain of your physical condition or health status, you should not participate until you have communicated that information to your camp or event leader and you have been cleared to participate.

Although the likelihood is minimized if you participate carefully, there is always the possibility of injury when you place extra demands on the muscles, bones, joints, and ligaments in a training or competitive environment. Injuries that can occur as a result of your participation in this camp or event include but are not necessarily limited to the following: blisters; muscle strains; joint dislocations; ligament and joint sprains; joint soreness; abrasions; contusions; stress fractures; broken bones; and head, neck, and spinal cord injuries involving paralysis and even death. However, if you exercise care for your own safety and the safety of other participants, the likelihood of such injuries can be greatly reduced.

By signing this form, you are acknowledging that you know, understand, and appreciate the various risks associated with your specific sport or activity. Furthermore, you agree to accept and assume those risks inherent to your sport or activity. In addition, by signing this form, you know, understand, and agree to accept the financial cost of any injuries you might sustain while participating in this camp or event, as well as agree to let your son/daughter be treated for the injury by the MSUB staff and/or taken to the hospital if the MSUB staff deems it necessary. Finally, by signing this form, you acknowledge all of your questions, if any, have been answered to your satisfaction.

(Printed Name of Participant)

(Signature of Participant)

(Date)

(Signature of Parent if Participant is Under Age 18)

(Date)

Pitchers Camp Schedule

Saturday, December 1st

Session 1:

9:00 – Check In

9:30 – Classroom Q&A with MSUB Coaching Staff

Session 2:

10:15 – Group 1

- Importance of Catch Play
- Throwing Progression
- Arm Care

10:15 – Group 2 (Pitcher Defensive Work)

- Pitcher Defensive Work

11:15 – Switch Groups

12:15 – Break for Lunch

Session 3:

1:30 – Group 1 Dynamic Warm up/Arm Care/Catch

2:00 – Group 1 Bullpens

3:00 – Campus Tour

4:00 – Camp Close

Group 2 Campus Tour

Group 2 Dynamic Warm up/Arm Care/Catch

Group 2 Bullpens

Catchers Camp Schedule

Saturday, December 1st

Session 1:

9:00 – Check In

9:30 – Classroom Q&A with MSUB Coaching Staff

Session 2:

10:15 – Dynamic Warmup

10:30 – Throwing Progression

11:00 – Defensive Session

- Receiving
- Blocking
- Throwing

12:15 – Break for Lunch

Session 2:

1:30 – Group 1 Dynamic Warm Up

2:00 – Group 1 Catch Bullpens

3:00 – Campus Tour

4:00 – Camp Close

Group 2 Campus Tour

Group 2 Dynamic Warm Up

Group 2 Catch Bullpens

Hitters Camp Schedule

Sunday December 2nd

Session 1:

9:00 – Check In

9:30 – Classroom Q&A with MSUB Coaching Staff

Session 2:

10:15 – Group 1 Classroom

Group 2 Baseline Testing

10:45 – Group 1 Baseline Testing Group 2 Classroom

11:15 – Offensive Rotation 1

12:30 – Break for Lunch

Session 3:

1:30 – Offensive Rotation 2

2:45 – Camp Close

3:00 -- Campus Tour for those not at Pitching/Catching Camp

***Please check your e-mail regularly as details and updates on camp will be sent to your e-mail**