

2011 Summer Baseball Camp

PROBALL

BASEBALL TRAINING FOR MIND AND BODY

Hosted by Proball

2011 Summer Camp MLB guest appearances by: Shawn Green Garret Anderson



Shawn Green NY Mets ... one of the best known Jewish MLB players of all time, member of the 30-30 club, Gold Glove and Silver Slugger awards, hit 4 HR's in one game, MLB All-Star, Single season HR leader (49) for LA Dodgers



Garret Anderson ... 2002 World Series championship ring, 2002 Home Run Derby winner, member of 2,500 hits club, 3-time MLB All-Star

Baseball Camp Dates

July 11-15, 2011 (Mon-Fri)

July 18-22, 2011 (Mon-Fri)

Camp Hours:

9:00 a.m. - 3:00 p.m.

Camp Location:

Tewinkle Park
970 Arlington, Costa Mesa
cross streets: fair/arlington
behind OC fairgrounds

Sample Camp Day

9:00 - 9:30 a.m. Proper Stretching, speed/running training, throwing mechanics

9:30 - 11:30 a.m. Comprehensive Training: hitting/bunting, infield/outfield, pitching, base running

11:30 a.m. - 12:30 p.m. Supervised Lunch Break (food provided at additional cost)

12:30 - 2:00 p.m. Break out sessions (player chooses): Pitching/hitting, specialized positions/skills training (catching, corner positions 1st/3rd base positions), etc.

2:00 - 3:00 p.m. Games (opportunity to transfer skills to actual games)

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Players/participants will receive:

- Proball Summer camp T-shirt (one shirt per camper)
- \$20 Discount coupon redeemable for private lessons with any Proball instructor

Snack Bar

Bring your own lunch or you can purchase food/drinks each day at the field. Lunch counts will be taken daily at check in.

What to bring:

- Wear baseball pants (shorts/jeans are not permitted)
- Glove, cleats, bat & helmet
- sunscreen, water bottle

Coaching Staff

We offer a stellar coaching staff. Check out our coaching staff profiles at www.proballbaseball.com

Sign Up Today!

Recommended for Ages 6-13
Camp fee: \$285

Early Registration Discount

Pay in full by June 11th and receive a **\$25 Discount**

- **2 Week Sign Up Discounts**



About Us

Established in 2004, Proball was created to give the highest level of baseball training in Orange County. Our coaches have played either professionally or at the College Division I level. We coach baseball players of all ages and skill levels and currently instruct some of the top high school, college and little league players in the area. Since conception, dozens of Proball students have been selected in the MLB draft or have advanced to major division I colleges.



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2668 S. Grand Ave., Santa Ana, Ca. 92705
714/545-2465

www.proballbaseball.com

PLAYER REGISTRATION CARD SUMMER CAMP 2011

FOR REGISTRATION INFORMATION - PLEASE CALL 714/545-2465 PLEASE PRINT CLEARLY

Player Name: _____ Age: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Parents Name(s): _____ Email: _____

Home Phone: _____ Work/Cell Phone: _____

\$285 Child per week x _____ \$ _____ Attend both weeks for \$520 x _____ \$ _____ \$260 early bird signup by June 11th x _____ \$ _____

\$495 both weeks early bird sign up x _____ \$ _____ optional lunch pack for the week (add \$25 per week) x _____ \$ _____

Total amount Enclosed: \$ _____

Health Ins. Company: _____ Policy #: _____

Does your child have any health concerns that we should be aware of? _____

WAIVER OF LIABILITY: In signing this application, I/we release Proball, Inc. and other involved parties/organizations from any and all claims or responsibilities for injuries suffered by the participant in this program. I understand that injuries are occasionally a part of athletics and I authorize the Directors and staff to act for me according to their best judgment in an emergency and or when medical attention is required.

Parent/Guardian Signature: _____ Date: _____

Early drop off/ Late pickup available (\$15/hr – please inquire): yes no

Your child's shirt size (check one)? Youth Med Youth Lg Adult Sm Adult Med Adult Lg

Please mail check and registration card to:
 Proball Inc., Summer Camp Program, 2668 So. Grand Ave. Santa Ana, CA 92705