

All Campers must be covered by their own insurance policy. The Camp Staff assumes no responsibility for injury or illness.

Health Provider: _____

INS #: _____

Any Health Concerns/Issues we should be aware of:

I here by authorize _____

to participate in the Redhawk Baseball School.

Signature: _____

Please detach registration and include check in the amount of \$100 per participant payable to:

Redhawk Baseball

125 White St. Apt 1

South Burlington, VT 05403

REDHAWK BASEBALL

Tim Albertson
125 White St. Apt 1
South Burlington, VT 05403

Phone: 802-922-4151
E-mail: talbertson@cssu.org

REDHAWK BASEBALL SCHOOL



Who: CVU Baseball Program

When: Little League: June 19–23; (Ages 6–12)

Time: 8:30 AM–11:30 AM

Where: CVU High School

Cost: \$100 (Before May 15)

Welcome to CVU's Redhawk Baseball School. We provide the opportunity for every baseball student to learn and understand the Game at a higher level. Through the guidance of the CVU Coaching Staff as well as Current Varsity Players each student will learn different techniques and strategies to improve their game.

Sessions will be held at CVU High School on the Baseball and Softball



Fields. Allowing Future Redhawk players the chance to play on some of Vermont's Finest Fields!

Players should bring, a water bottle and snack; as well as a glove, Baseball hat and cleats/indoor shoes. Personal Helmets and Bats are optional, players must be willing to share if they bring them..

REDHAWK BASEBALL

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Daily Schedule

8:30 – 9:00: Stretch & Loosen
 Agilities
 Throwing
 Skill Building

9:00 – 10:00: Technique Stations (2)

10:00 – 10:15: Snack Time

10:15 – 10:30: Situation of the Day

10:30 – 11:00: Technique Station

11:00 – 11:30: Scrimmages

Technique Stations (30 Minutes Each)

Batting Practice Everyday!

Monday – Base Running,
 Outfield Technique

Tuesday – Infield Technique,
 Bunting

Wednesday – Situations / Pitching

Thursday – Catching / Situations

Friday – Homerun & Skills Contests
 Scrimmage (Hour)

Redhawk Baseball School Registration (Please Print)

Player: _____

Age: _____ Grade: _____

Shirt Size: YS YM YL
 (Circle one) AS AM AL AXL

Address: _____

Parents/ Guardians: _____

Phone (s): _____

Email: _____

People to Contact during Camp Hours:

Name: _____

Phone: _____