



*Practice Makes Ballplayers,  
Baseball Unlimited Makes ALL-STARS*

# April VACATION CAMP

## What to BRING:

- Glove
  - Sneakers and Cleats
  - Sweatshirt/ Long Sleeves
    - Batting Helmet
    - Bat
- \*BBU has Helmets and Bats available for use

**Water Bottle and Small Snack**

**We will be going outside for instruction each day. Bring sun block, baseball hat, sunglasses, etc.**

**2018**

**April 17<sup>th</sup> - 20<sup>th</sup>**

**Tuesday-Friday**

**Time 8am - 12pm**

**Early Drop Off at 7:45 AM**

**AGES: 8 – 15**

55 Athletic Field Road  
Waltham, MA 02451

Phone: 781-647-1981

Email: [bbunlimited@verizon.net](mailto:bbunlimited@verizon.net)

Visit Us: [www.baseballunlimited.com](http://www.baseballunlimited.com)

Twitter: @bbutigers

Instagram: @bbutigers

Facebook: Baseball Unlimited

## CAMP FEATURES

### Hitting

Dry Swing Mechanics - Tee Work – Single Hand Exercises - Mini-Bat Drills – Soft Toss – Front Toss– Batting Practice – Live At-Bats

### Fielding

Dry work – Footwork – Agility Ladder – Hand-Eye Coordination Drills – Live Ground Balls – Double Play

### Pitching/Catching

Mechanics – Framing and Blocking Exercises – Bullpen Pitching and Catching – Strength and Velocity-Maximizing Techniques- Pitching Grips

### Proper Warm-up and Stretch

Band Exercises – Static Stretching – Dynamic Warm-up – Recovery and Injury-Prevention Routine

**BBU Staff will be conducting the clinic**

←Please visit our various social media accounts for updated information and live updates during camp.

**CAMP Fee: \$225.00 -- Per Day: \$60.00**

Name: _____		Age: _____		Grade: _____	
Home #: _____		Cell#: _____		Work#: _____	
Address: _____		City: _____		Zip: _____	
Email (required): _____					
Allergies: _____					

\*Please return form to Baseball Unlimited: Email: [bbunlimited@verizon.net](mailto:bbunlimited@verizon.net) or call 781-647-1981 to reserve your spot

**Agreement and waiver:** I understand that participant and/observation in this program constitutes a risk to myself and/or my child. I understand the risks associated with this establishment and hereby release BASEBALL UNLIMITED, Inc., ITS INSTRUCTORS, THE CITY OF WALTHAM, and THEIR AGENTS AND EMPLOYEES of any and all liabilities that may occur from injuries associated with the risks of participating in this activity, however caused. By signing this form, this shows that you have read, understand, and completely agree with this waiver and with the rules and regulations associated with this establishment and further agree to participate in this establishment at my own risk.

**Signature (Parent or Guardian of Minor):**

**Please Send Check or Money Order to:**

Baseball Unlimited Inc.  
P.O. BOX 541023  
Waltham, MA 02451