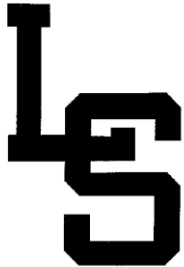


Lampeter-Strasburg High School Baseball

CHRISTMAS BASEBALL CLINIC

FOR

MIDDLE SCHOOL & ELEMENTARY PLAYERS



Date: Tuesday, December 27 & Wednesday, December 28

Times: 3rd, 4th & 5th graders: 11:00am to 12:30pm
6th, 7th & 8th graders: 1:00pm to 3:00pm

Place: Martin Meylin Gym

Instructed by: L-S High School Coaching Staff

Players will rotate through four instructional stations which will consist of **Hitting, Fielding, Pitching/Catching & Baserunning**. In these stations, players will be instructed on the proper mechanics and will go through a series of drills to help them learn the L-S system and become a better skilled baseball player.

Instruction Outline:

- Stretch / Arm Strengthening
- Hitting Instruction and Drills
- Fielding Instruction and Drills
- Pitching/Throwing Instruction and Drills
- Base running & Speed Training

Cost: \$10 for one day, \$20 for both days

Checks: payable to L-S Baseball Booster

Mail Registration Form to: Todd Garber, Head Baseball Coach
Lampeter-Strasburg HS 1600 Book Road Lampeter, PA 17537



or drop off at the high school office

Please check the appropriate day/s.

Day 1 (Dec. 27) only: _____ Day 2 (Dec. 28) only: _____ Both Days: _____

Registration Information

Player Name: _____
 Address: _____

 Email Address: _____
 Phone: _____ Grade Level: _____
 Emergency Contact: _____
 Emergency Phone: _____
 Medical Information: _____

I hereby give permission for my son to participate in the Pioneer Christmas Baseball Clinic and release the coaching staff, the L-S School District and the Baseball Booster Club from any responsibility in case of accidental injury. I understand the nature and scope of playing baseball and understand the risks and dangers associated with the game. I also understand that it is the responsibility of the participant to provide themselves with accident or medical insurance.

Parent's Signature _____