

THE AMERICAN LEGION AND THE ALLIANCE FOR AMERICAN LEGION BASEBALL IN ALASKA PRESENT

Alaska Airlines YOUTH

BASEBALL SPECIALTY TRAINING CAMP



HITTING, CONDITIONING, PITCHING, CATCHING

HITTING INSTRUCTION

- Small group sessions in batting cage
- Getting better techniques to improve success rate
- Proper mechanics instruction
- Working off of a T to help form
- Handouts to take home

CONDITIONING

- Conditioning and stretching instructions
- Arm health addressed
- Getting more physically fit to have success
- Handouts on improving overall conditioning
- Contests for most fit players by age groups

PITCHING

- Baseball and softball pitching techniques
- Drills & fun
- Handouts for future reference

CATCHING

- Good fundamental skills
- Catching equipment provided
- Learn proper technique block
- Mechanics for throwing out runners

INSTRUCTORS AND SUPERVISION

- Four former college players will provide input and instruction highlights during the two days of this specialty camp. Attendees need to come prepared to do some conditioning, running and exercise to help improve their baseball skills. Current high school approved coaches and players will provide additional direction.

THIS IS AN APPROVED ACTIVITY OF AMERICAN LEGION BASEBALL AND SERVICE HIGH SCHOOL

THE ANCHORAGE SCHOOL DISTRICT DOES NOT ENDORSE THESE MATERIALS OR THE VIEWPOINTS EXPRESSED WITHIN.

SERVICE HIGH SCHOOL - 5577 ABBOTT RD ANCHORAGE, AK 99507

TO REGISTER IN PERSON: DROP OFF COMPLETED REGISTRATION FORM AT SLEEP COMFORT BY NERLANDS - MIDTOWN MATTRESS SUPERSTORE 601 W. 36TH AVE., #19 • ANCHORAGE, AK 99503 (BETWEEN C STREET AND ARCTIC)

OPEN MON - FRI 11-7, SAT 10-6, SUN 12-5

FOR MORE INFORMATION CALL SLEEP COMFORT AT 258-2505 OR EMAIL STEVENERLAND@HOTMAIL.COM



HOME OF THE COUGARS



WHERE: SERVICE HIGH SCHOOL GYM AND BATTING CAGE

WHEN: THURSDAY, MARCH 15 10:00AM - 5:00PM

FRIDAY, MARCH 16 10:00AM - 5:00PM

DAILY: LUNCH BREAK 12:30PM - 1:00PM

ATTENDEES PROVIDE THEIR OWN LUNCH

SNACKS AND DRINKS AVAILABLE BOTH DAYS NO CHARGE

FOR: BOYS & GIRLS AGES 9-14 YRS. OLD

PRICE: \$80 TOTAL FOR 2 DAYS

2 DAY CLINIC MARCH 15 & 16, 2012

DAY 1: THURSDAY MARCH 15TH, 2012 10AM - 5:00PM

DAY 2: FRIDAY MARCH 16TH, 2012 10AM - 5:00PM

\$80

TOTAL FOR 2 DAYS

REGISTRATION FORM: TO REGISTER BY FAX SEND COMPLETED FORM TO 345-3033 OR REGISTER IN PERSON

PLAYER NAME _____

MAILING ADDRESS _____

CITY _____

STATE _____ ZIP _____

AGE _____

HOW OLD WILL PLAYER BE ON 5/1/12 _____

SCHOOL _____ BOY / GIRL (CIRCLE ONE)

PHONE _____

EMERGENCY PHONE _____

CHECK - MAKE PAYABLE TO: AM LEGION BB CASH

CREDIT CARD CARD TYPE

CARD EXPIRATION DATE _____

CARD NUMBER _____

NAME AS IT APPEARS ON CARD _____

SIGNATURE _____

E-MAIL ADDRESS _____

CHARGE WILL APPEAR ON YOUR BILL AS "SLEEP COMFORT BY NERLAND" WHO WILL PAY AMERICAN LEGION BASEBALL

ADDITIONAL COPIES CAN BE DOWNLOADED AT WWW.ALASKALEGION.COM