

STRIKE ZONE TRAINING CENTER
3054 EAST STATE BLVD., FORT WAYNE IN 46805
Phone: 260-471-7224 - Email: fwstrikezone@comcast.net

Hello Parents and Players!

STRIKE ZONE TRAINING CENTER is proud to announce that the off-season programs for 2010 are scheduled and we are accepting applications! We have filled up every year so do not delay getting your athlete in. We are running 5 week camps that will begin the week of January 11th.

This year's programs are expected to be better than ever. Our instructors, Rich Dunno, Mike Roesler, Ryan Dellinger and others are ready to take your players to the Pennant!! We have improved every one of our already great Baseball instructional camps along with the areas best "POWER ATHLETE'S STRENGTH and CONDITIONING PROGRAMS".

Check out these descriptions of our camps.

***PITCHING:** Your son will go through 5 weeks of drills and instruction on the basic mechanics that allow your player to succeed at their specific level. Our instructors are the best in the area at teaching both young players, high school, and even advanced College players! Please talk to any parent that has had their athlete in this camp and you will hear how it helped their player tremendously. Anyone who wants a great season, reduce injury risk, and command the mound has an opportunity to learn from three of the best instructors in the Midwest!

*** HITTING:** Hitting is the most difficult thing to do in sports. With our 10 plus years of training ballplayers, we have developed the simplest methods for teaching the art of hitting. We break down the swing into parts to make it easier to correct bad habits. First, the base movements which consists of: Rock, Land, and then the Pivot. Then secondly, the head and eyes, which needs to follow the pitch. Lastly the actual swing, which is also broken down into parts to be able to make adjustments to make the most efficient movement possible.

***FUNDAMENTAL CAMPS:** This camp involves everything from fielding a groundball, infield play, often-over looked outfield play, even bunting and sliding correctly. This camp meets your players' need. We use creative drills for fun as well as to motivate the player to learn. We do group drills with separate stations to keep things moving and exciting.

***POWER ATHLETES STRENGTH AND CONDITIONING**

This program is a must for any player that wants to excel in sports FOR ALL ages!

Our program is second to none! Ron Wolforth, Jim Labeledie and Sparq Training are the cornerstone programs we utilize. Each source offers different aspects of POWER conditioning that benefit every athlete. From SPEED to AGILITY to FUNCTIONAL POWER that will help you DEFEAT your opposition! Weight rooms are perfect for weight lifters but the STRIKE ZONE POWER ATHLETIC programs are specifically designed REAL WORLD training of movement, flexibility and speed for ATHLETES. SPEED without POWER or POWER without SPEED does the athlete no good. At Strike Zone we specialize in training athletes as we push and encourage each athlete to bring out the warrior that's' inside them. Ask anyone from last year if it helped out!

STRIKE ZONE TRAINING CENTER
 3054 E. STATE BLVD, Fort Wayne, In 46805, 260-471-7224

Players Name:.....

Where do you Play?.....

Players Email:.....

Parents Names:.....

Parents Phone /Cell #.....

Address, City, Zip:.....

Parent's email:.....

2010 Strike Zone - 5 Week Baseball Camps. Beginning Week of January 11, 2010

Circle The Camp Your Want To Participate In!

Day of Week	Camp	Ages	Time	Total Price
Tuesday 12th:	1. Fundamentals of Baseball	Ages 6-12	5:30pm – 7:00pm	\$79.00
	2. Hitting	Ages 6-12	7:00pm – 8:00pm	\$79.00
Wednesday 13th:	3a. Power, Strength, Agility (2X)	All Ages	5:15pm – 6:30pm	\$99.00
Thursday 14th:	4. Hitting	Ages 6 - 12	6:00pm – 7:00pm	\$79.00
	5. Hitting	Ages 13+ High School	7:00pm – 8:00pm	\$89.00
Friday 15th:	6. Pitching/Catching	Ages 8-12	5:30pm – 6:30pm	\$89.00
	7. Pitching/Catching	Ages 8-12	6:30pm – 7:30pm	\$89.00
	8. Pitching/Catching	Ages 13+ High School	7:30pm – 8:30pm	\$89.00
Saturday 16th:	9. Fundamentals of Baseball	Ages 6-12	10:30am – 12:00pm	\$79.00
	3b. Power, Strength, Agility (2x)	All Ages	12:00pm – 1:15pm	-
	10. Pitching/Hitting	All Ages	1:30pm – 2:30pm	\$89.00

**Make checks payable and return all forms to:
 Strike Zone Training Center, 7413 Oxford Court, Fort Wayne, In 46805**

Or stop by Strike Zone at 3054 East State and pay by the following:
 Payment Method: CASH CHECK MASTERCARD VISA DISCOVER

STRIKE ZONE TRAINING CENTER

Player: _____ Date of Birth: _____

Parent or Guardian Authorization: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician.)

Family Physician: _____ Phone: _____
Address: _____

Hospital Preference: _____
In case of emergency contact:

Name: _____ Phone: _____ Relationship to Player: _____

Name: _____ Phone: _____ Relationship to Player: _____

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic Asthma, Seizure Disorder.)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem, which may interfere with or alter treatment.

Date of last Tetanus Toxoid Booster: _____

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature

PARTICIPANT WAIVER AND RELEASE OF LIABILITY
AND ASSUMPTION OF RISK AGREEMENT
PLEASE READ CAREFULLY BEFORE SIGNING

In consideration of being allowed to participate in any way in the camps, training, tournaments, leagues, batting cages, and any other related baseball or fitness activities (“Programs”) provided by or on the premises of Strike Zone Baseball & Fitness, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in these Programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist.
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of Strike Zone’s owners, Great Lakes Newsletters, Inc., Robert Lebamoff, officers, directors, officials, agents, representatives and/or employees, other participants, sponsoring agencies, sponsors, advertisers, (collectively the “Strike Zone Released Parties”), and assume full responsibility for my participation.
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and immediately bring such to the attention of the nearest official.
4. I, for myself, and on behalf of any of my heirs, assigns, personal representative and next of kin, hereby release, indemnify, and hold harmless releases with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the Strike Zone Released Parties or otherwise, to the fullest extent permitted by law.
5. I, for myself, and on behalf of any of my heirs, assigns, personal representative and next of kin, hereby release, indemnify, and hold harmless the Strike Zone Released Parties, from any and all liabilities incident to my involvement or participation in the Programs, even if arising from their negligence, to the fullest extent permitted by law.

I AM AT LEAST EIGHTEEN (18) YEARS OF AGE AND I HAVE READ THIS PARTICIPANT WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

IF NOT EIGHTEEN (18) YEARS OF AGE – PARENT/GUARDIAN MUST SIGN.

Participant’s Printed Name

Participant’s Age

Participant’s Signature

Date _____

If not eighteen years of age – Parent/Guardian must sign

Parent’s Printed Name

Address

Parent/Guardian Signature on behalf of Participant

Date _____