

**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 2010 off-season programs for Session II 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 February 15th through March 20, 2010.

This year's programs are expected to be better than ever. Our instructors, Rich Dunno, Mike Roesler, Ryan Dellinger, Mark Mungovan and others are ready to take your players to the Pennant!! We are also pleased to announce that former Snider and I.U.-SE graduate Amanda Dispennett has joined our staff as Director of Softball Camps. We have improved every one of our already great Baseball and Softball instructional camps along with the areas best "POWER ATHLETE'S STRENGTH and CONDITIONING PROGRAMS".

Check out these descriptions of our camps.

**\*PITCHING:** Your son or daughter 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 Labedie 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 February 15, 2010**

**Circle The Camp You Want To Participate In!**

<b>Day of Week</b>	<b>Camp</b>	<b>Ages</b>	<b>Time</b>	<b>Total Price</b>
<b>Monday 15th:</b>	1. Fundamentals of Softball	Ages 6-12	5:30pm – 7:00pm	\$79.00
	2. Softball Pitching	Ages 9 & Up	7:00pm – 8:00pm	\$89.00
<b>Tuesday 16th:</b>	3. Fundamentals of Baseball II	Ages 6-12	5:30pm – 7:00pm	\$79.00*
	4. Hitting II	Ages 6-12	7:00pm – 8:00pm	\$79.00*
	5a. Power, Strength, Agility (3X) All Ages		8:00pm – 9:15pm	\$109.00**
<b>*Designed mainly for those who attended previous Strike Zone Camp sessions.</b>				
<b>**Meets THREE times per week, Tuesday, Thursday, and Saturday.</b>				
<b>Wednesday 17th:</b>	6. Softball Pitching	Ages 9 & Up	5:30pm – 6:30pm	\$89.00
	7. Hitting Advanced	Ages 13+ High School	5:30pm – 6:30pm	\$89.00***
<b>*** Includes a FREE Video Analysis of your swing. A \$65.00 value.</b>				
<b>Thursday 18th:</b>	8. Fundamentals of Baseball I	Ages 6-12	5:30pm – 7:00pm	\$79.00
	9. Hitting I	Ages 6-12	7:00pm – 8:00pm	\$79.00
	5b. Power, Strength, Agility (3X) All Ages		8:00pm – 9:15pm	-
<b>Friday 19th:</b>	10. Pitching Fundamentals	Ages 8-12	5:30pm – 6:30pm	\$89.00
	11. Pitching Intermediate	Ages 10 & Up	6:30pm – 7:30pm	\$89.00
	12. Pitching Advanced	Ages 13+ High School	7:30pm – 8:30pm	\$89.00****
<b>****Includes a FREE Video Analysis of your motion. A \$65.00 value.</b>				
<b>Saturday 20th:</b>	13. Fundamentals of Baseball I & II	Ages 6-12	11:30am – 1:00pm	\$79.00
	5c. Power, Strength, Agility (3x) All Ages		1:00pm – 2:15pm	-

**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, 3054 E. STATE BLVD, Fort Wayne, IN 46805, 260-471-7224

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
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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.

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 \_\_\_\_\_