

# BELLINGHAM BELLS COACHES ADVANCED CLINIC

The Bellingham Bells coaching staff would like to welcome ages 6-14 to a special advanced skills baseball clinic. Players will be instructed in-depth in each clinic and be split up into age specific groups to maximize development and ensure safety.

**SESSION 1 #7330      Pitcher/Catcher      July 26-27      10:00am - 12:00pm**

**In this session players will sign up as a Pitcher OR Catcher**

\*Pitchers will cover and practice the importance of a throwing routine, arm care health, mechanics, mentality, fielding, picks, and communication with their catcher.

\*Catchers will cover and practice the importance of receiving, blocking, throwing, fielding, staying durable, managing the game, and communication with their pitcher.

**SESSION 2 #7331      Offensive Hitting      July 26-27      12:00pm - 2:00pm**

\*Hitters will cover and practice the mechanics of their swing, mentality at the plate, and what types of approaches there are based on the individual and particular situation. This will be done through dry work, drills, and batting practice. Players will also be getting filmed and analyzed by one of our coaches.

**BOTH SESSIONS #7329      Pitcher, Catcher, Offensive Hitting      10:00am - 2:00pm**

**COST: \$75 PER SESSION OR \$125 FOR BOTH SESSIONS  
SPOTS ARE LIMITED!!!**



..... Registration Form (Please Print) .....

## Bellingham Bells Coaches Advanced Clinic

Register online: [www.cob.org/ezreg](http://www.cob.org/ezreg)



**#7029 (Both Sessions)**

**#7030 (Pitcher/Catcher)**

**#7031 (Offensive Hitting)**

Participant Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_ -Grade ('17-'18) \_\_\_\_\_ **Shirt Size YOUTH M L XL ADULT S M L XL XXL**

Email Address (please print clearly) \_\_\_\_\_

To be eligible for a full refund, an individual must notify the Parks & Recreation Department of withdrawal before the program begins. Allowable refunds after the first day of the program will be pro-rated.

**Parents or guardians must sign release below.** I/We, realizing no insurance coverage is provided for the participants, will assume full financial responsibility for any cost relating to any accident or injury that might occur while my/our child participates in above-named program. Furthermore, I/We will not hold ALB-Div 1, Hall of Fame Camps, Bellingham Baseball Club, LLC or the City of Bellingham, and all of their employees, volunteers or anyone otherwise involved in named programs responsible for any accident or injury that might occur.

The Bellingham Bells Coaches Advanced Clinic is NOT affiliated with, sponsored, endorsed, owned, or operated by the Bellingham Baseball Club, LLC (the Bellingham Baseball Club). The Camp is owned by ALB Div 1 dba Hall of Fame Camps which is using the "Bellingham Bells" name, logos, symbols, and marks under a trademark license agreement.

Parent/Guardian Signature \_\_\_\_\_ (please print) \_\_\_\_\_ Date \_\_\_\_\_