

# BELLINGHAM BELLS

## PITCHING/CATCHING & HITTING CAMP

---

The Bellingham Bells coaching staff would like to welcome youth athletes ages 6-14 to a pitching/catching and hitting camp specializing in developing those skills. Players will be instructed in-depth each session and be split up into age specific groups to maximize development and ensure safety.

**SESSION 1: Pitcher/Catcher**      **July 9 – 10**      **10:00am – 12:00pm**

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

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

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

**SESSION 2: Offensive Hitting Session**      **July 9 – 10**      **12:30pm – 2:30pm**

\*Hitters will cover and practice the mechanics of their swing, mental approach at the plate and situational hitting. This will be done through dry work, drills, and batting practice. When available, players will be evaluated using video/statistical analysis software. Software MAY NOT be available for all camps but will be used when available and age/skill appropriate.

**\*\*For those attending both sessions, please bring a lunch! There will be a 30-minute lunch break in between sessions.\*\***

*Please Note: Children with severe allergies should be advised Joe Martin Field is not a peanut free facility. Parents who have concerns about this should contact us prior to registering for camp.*

**Register:** Online at [www.cob.org/ezreg](http://www.cob.org/ezreg); by phone at (360) 778-7000; or complete the form below and mail or bring to Bellingham Parks and Recreation, 210 Lottie Street, Bellingham, WA 98225. Questions? Call Bellingham Parks and Recreation at (360) 778-7000.

**COST: \$75/SESSION OR \$125/BOTH SESSIONS**

**\*\*Includes t-shirt & ticket to Bellingham Bells game on Wednesday, July 10<sup>th</sup>\*\***

**Early Bird Discount: Register by June 1 and receive \$20 off registration fee!**

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



## Bellingham Bells Coaches Advanced Clinic

Pitcher/Catcher

Hitting

Both



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

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

Phone \_\_\_\_\_ Birth date \_\_\_\_\_ Grade ('19-'20) \_\_\_\_\_ **Shirt Size** YOUTH M L XL ADULT S M L XL

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

To be eligible for a refund, minus administration fees, participants must notify the Parks and Recreation Department five (5) days prior to the beginning of the program (\$20 administrative fee).

**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, LP 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, LP (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 \_\_\_\_\_