



## Winter Pitching Camp

This camp will focus on all aspects of pitching, including, but not limited to: mechanical analysis and training, work on location of different pitches and pitching mechanics, training arm speed, weekly competitions, mental aspect of pitching, making adjustments, and defending small ball. We will use a Rapsodo pitching unit as well to receive immediate feedback of pitch velocity, spin rate and location.

**Each player will leave with a Simpson Baseball Camp T-Shirt, arm care program, and a list of "game- like" drills.**

When: Sundays, January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

Who: Grades 7-12

Session Time: 7:00 – 8:30 PM each date

Cost: \$100 per Participant

Location: Cowles Fieldhouse at Simpson College

How to register: Sign up online at <http://www.simpsonbaseballcamps.com/>

**OR** mail in the registration form below and a check to: Simpson College Baseball, 701 N C St, Indianola, IA 50125

Make checks payable to: Simpson College Baseball

If you have any questions, contact assistant coach Nathan Roling: 515-961-1344 or [nathan.roling@simpson.edu](mailto:nathan.roling@simpson.edu)

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### Simpson Baseball Winter Pitching Camp Registration Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Current Grade: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

#### Waiver:

*I hereby authorize the staff of Simpson Baseball Camps to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the camp from any and all liability for any injuries or illness incurred while at camp. I have no knowledge of any physical impairment that would be affected by the above named camper's participation in the camp program, as outlined above.*

*I hereby give Simpson Baseball Camps permission to publish and release information about the above named minor student, including his/her photograph, to the news media. In addition, I give Simpson Baseball Camps permission to publish and copyright photographs and/or video footage of him/her and other information about him/her for any advertising and/or promotion done in any printed or electronic form. I also certify that I am the legal parent or guardian of the above named student and have full right to provide this release.*

*I understand and accept all of the separate event refund policies and/or waiver agreements above:*

Name (or Name of Parent/Guardian if Participant is a minor): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Refund Policy

If you cancel, you will receive a full refund minus a \$20 non-refundable deposit. If we cancel camp due to low numbers, you will receive a full refund (minus the processing fee if you sign-up online)

#### Medical Conditions/Special Instructions

Please list any medical conditions or special instructions the Event Administrators should be aware of for the participant:

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#### Emergency Contact

Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_