

A Typical Camp Day Includes:

- Stations
- Drill work
- Games/Contests



Stations Include:

- Bunting/Catching
- Pitching Mechanics
- Hitting Instruction
- Infield/Outfield



**This is a highly instructional camp designed to teach fundamentals and technique while building confidence.**

*Camp Director: Austin Flores*

- 8 years baseball camp experience
- 7 years coaching experience
- BVHS Head Baseball Coach
- Former Bishop Verot player (2008)
- D1 Baseball player-Nicholls St.
- D1 baseball coach (3 yrs) 2013-16
- Staff includes BVHS Players and Coaches

*We will teach the importance of hard work, enhance confidence and sportsmanship, and give positive reinforcement throughout the week.*

**FOR MORE INFORMATION**

**Contact Head Coach**

**Austin Flores:**

[austin.flores@bvhs.org](mailto:austin.flores@bvhs.org)



## **Bishop Verot Summer Baseball Camp 2018**



**Site:** Bishop Verot  
High School Baseball  
Field

**Dates:**

Ages 12-14: June 4<sup>th</sup>-7<sup>th</sup>

Ages 6-11: June 11<sup>th</sup>-14<sup>th</sup>

**Cost: \$110.00** pre-  
registered  
**\$125.00** - walk up  
registration

## BVHS Summer Baseball Camp Application

Please return this Camp Application with Camp Fee (\*) (check made out) to:

BVHS Baseball Camp

BISHOP VEROT HIGH SCHOOL

5598 Sunrise Drive, Fort Myers, FL 33919

**(\*) Fee: \$110 per person (individual) - \$100 per person (multiple siblings)**

**(All registration fees are non-refundable once camp begins)**

**\*\*\* Walk up or day of registration cost is \$125\*\*\***

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<b>Circle camp attending:</b>	<b>Ages 12-14 (June 4<sup>th</sup>-7<sup>th</sup>)</b>	<b>Ages 6-11 (June 11-14)</b>
	<b>8:00-12:00</b>	<b>8:00-12:00</b>

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**NAME** \_\_\_\_\_ **SCHOOL** \_\_\_\_\_ **GRADE (FALL 2018)** \_\_\_\_\_

**ADDRESS (WITH ZIP)** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **E-MAIL ADDRESS:** \_\_\_\_\_

**T-SHIRT SIZE (circle one) note: shirts run small: YS/ YM/ YL/ YXL/ AS/ AM/ AL/ AXL/ AXXL**

**MEDICAL CONDITIONS:** \_\_\_\_\_

**Emergency Contact Name/Relationship/Phone #'s (please list more than one):** \_\_\_\_\_

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### PARENTAL PERMISSION WAIVER:

I hereby authorize the agents of the BVHS Baseball Camp to act in my behalf using their best judgment in any emergency, including medical emergency. I hereby waive and release the camp, its employees, directors, sponsors, suppliers, and facilities from any and all liability for illness and injury incurred while attending camp. I know of no mental or physical problems that might adversely affect my child's ability to participate in this camp. I have read the BVHS Baseball Camp brochure and agree to its terms and conditions.

**PARENT/GUARDIAN PRINT:** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### (Example of) DAILY CAMP SCHEDULE:

<b>8:00-8:15 Preview/Review</b>	<b>10:00-10:30 Mid Morning Break</b>
<b>8:15-8:45 Warm-Up/Stretch/Water break</b>	<b>10:30-11:00 Positional Work</b>
<b>8:50- 9:10 Throwing Progression</b>	<b>11:00-11:15 Base Running</b>
<b>9:10-9:25 Individual/Group Competition</b>	<b>11:15-11:45 Games</b>
<b>9:25-10:00 Batting Practice</b>	<b>11:50-12:00 Review/Dismissal</b>

**Cash** \_\_\_\_\_ **Check #** \_\_\_\_\_ **TOTAL AMOUNT** \_\_\_\_\_

### **CAMP OBJECTIVES:**

The BVHS Baseball Camp is geared to improve each camper's overall baseball skills. Additionally, to teach all the fundamentals of position play in baseball; with much emphasis on the proper mechanics of throwing, fielding, hitting, and base running.

### **CAMP FACILITIES:**

Baseball camp will be conducted on the Bishop Verot Baseball fields. Additional grass practice fields will be used as necessary.

### **CAMP PARTICIPANT**

#### **ESSENTIALS:**

T-shirt, baseball pants, socks, cleats, sunscreen, drinks.

### **BASEBALL CAMP STAFF:**

The camp consists of BVHS baseball staff, with the assistance of current and former players.

