



HOUNDS
2018 WINTER WORKOUTS
à **TEAM TRAINING CURRICULUM** ß

~ FOR THE SERIOUS TRAVEL TEAM PLAYERS ~

*This course will be made up of 10--90 minute sessions of an **ALL SKILLS FORMAT** that will reveal the secrets of hitting; how to improve contact & increase power; how to improve throwing accuracy, arm strength, and to improve the players overall skill performance level, confidence & self-esteem. Overall emphasis will be on teaching THE FUNDAMENTALS, TECHNIQUES & CONCEPTS OF THE GAME!*

CAMP FORMAT WILL SPECIFICALLY INCLUDE:

- A Complete breakdown of the components of hitting
- à Hand & Footwork Techniques for Fielding & Throwing
- à Infield & Outfield Play Development
- à Skill development for Pitchers & Catchers
- à Mental approach to the game....and how to deal with FAILURE
- à Gaining confidence---Developing self-awareness
- à Game theory
- à Dynamic Team Warm Up Stretch Routines & Throwing Programs
- à Position play techniques
- **TEAM COACHES ARE ENCOURAGED TO JUMP IN!**
- à **LEARN THE ONE FORMULA THAT WILL HAVE YOU GETTING BETTER EVERY WEEK!!!!**

~ **THIS WILL BE AN INTENSE CAMP EXPERIENCE** ~
WHERE THE EMPHASIS WILL BE ON DOING EVERYTHING THE RIGHT WAY ALL THE TIME!!!!

AVAILABLE DATES AND TIMES:

Saturdays—Jan. 6, 13, **15**, 20, 27—Feb. 3, 10, 24—Mar. 3, 10
Sundays--Jan. 7, 14, 21, 28—Feb. 4, 11, **19**, 25, Mar. 4, 11

➤ **DATES IN RED ARE FOR MONDAY TRAINING—CHECK W/COACHES FOR TIMES**

COST PER PLAYER:

\$335 per player

➤ **ALL REGISTRATION FORMS AND PAYMENTS WILL BE TURNED INTO CHRIS STASUK**

354 South Warminster Rd. ~ Hatboro, PA 19040 ~ con@ondeckbb.com ~ 610 564-067

REGISTRATION FORM

~ **HOUNDS** ~

~ 2018 WINTER TEAM TRAINING ~
PLEASE PRINT CLEARLY

PLAYERS NAME: _____ *DOB:* _____

ADDRESS: _____

CITY: _____ *STATE:* _____ *ZIP:* _____

TEAM NAME: _____ *COACH:* _____

SCHOOL: _____ *GRADE:* _____

PARENTS NAMES: _____

PARENT EMAIL: _____ *CELL #:* _____

DOES YOUR CHILD HAVE ANY INJURY WE SHOULD BE AWARE OF?
IF YES, PLEASE EXPLAIN.

DOES YOU CHILD HAVE ANY ALLERGIES WE SHOULD BE AWARE OF?
IF YES, PLEASE EXPLAIN.