

OKLAHOMA



BASEBALL

WINTER CAMP

SCHEDULE

2 0 0 9

HOLIDAY SKILLS CAMP

When: December 28, 29, 30

Registration- Monday 8 am-9 am

Daily Schedule: Monday-Wednesday

9:00 AM-12:00 PM and 1:30 pm-5 pm

Age Group- 6-18

Where: Everest Indoor Facility on the campus of the University of Oklahoma

Commuter Cost - \$325.00

Overnighter Cost - \$425.00

Camp Details

This is our most popular camp of the year. The holiday skills camp will provide a basic through advanced instruction to kid's ages 6-18. The camp will be run by the current Oklahoma coaching staff along with current sooner baseball players. There will also be coaches from other college and high schools on the camp staff. The low coach to camper ratio is one of the strengths of the camp and allows for more individualized instruction for each camper.

Camp Summary

This three day winter baseball experience will provide high quality instruction that covers every aspect of the game. Campers will enjoy various practice drills and friendly competitions throughout the day. The camp is designed to teach the basic fundamentals for beginning baseball players as well as reinforce fundamentals and provide instruction for advanced players. Campers will be separated into groups based on age/experience

Items to bring to camp:

Bat, Glove, Batting Gloves and Batting Helmet
Cleats and non-cleated tennis shoes
Catchers should bring their own gear

OKLAHOMA BASEBALL PITCHING CAMP

When: December 20, 2009

Registration: 8 am-9 am

Schedule: 9 am-12 pm, Lunch 12 pm-1:30 pm, 1:30 pm-5 pm

Ages: 8-18

Where: Oklahoma Baseball Indoor Facility- Located at L. Dale Mitchell Park

Cost - \$149.00

Camp Details

The Oklahoma Baseball Pitching Camp will be directed by current OU pitching coach Mike Bell. The camp will provide a basic through advanced instruction to kid's age's 8-18. The camp staff will also consist of current sooner pitchers as well as former Oklahoma pitchers playing professional baseball.

General Info

The Oklahoma Baseball Pitching Camp is a comprehensive workshop covering all aspects of pitching including pitching mechanics, common faults and corrections, drills to improve and maintain delivery, weight training program, mental game, pitching process and plan and learning the basic pitches.

Items to Bring to Camp:

Glove, cleats and Non- cleated tennis shoes

OKLAHOMA BASEBALL HITTING CAMP

When: December 19, 2009

Registration: 8 am-9 am

Schedule: 9 am- 12 pm, Lunch 12 pm-1:30 pm, 1:30 pm-5 pm

Ages: 8-18

Where: Oklahoma Baseball Indoor Facility-Located at L. Dale Mitchell Park

Cost - \$149.00

Camp Details

The Oklahoma Baseball Hitting Camp will be directed by current OU hitting Coach Tim Tadlock and current sooner assistant Russell Raley. The camp will provide a basic through advanced instructor to kid's age's 8-18. The camp staff will also consist of current sooner players as well as former sooners playing professional baseball. There will also be coaches from area high schools assisting at the camp.

General Info

The Oklahoma Baseball Hitting Camp is a comprehensive camp that covers all aspects of hitting including the fundamentals and mechanics of the swing, situational hitting, sacrifice and base-hit bunting and the mental approach to hitting.

Items to bring to camp:

Bat, Batting Gloves, Batting Helmet and Non-cleated tennis shoes

FOR ON-LINE REGISTRATION,
VISIT

OKLAHOMABASEBALLCAMP.COM

\$10.00 registration fee for all online registration.

MAIL REGISTRATION, PAYMENT,
SIGNED MINOR RELEASE TO:

Oklahoma Baseball Camp
University of Oklahoma

401 W. Imhoff • Norman, OK 73019-0650

Early Bird Specials: Register for Winter Camps by 11-15-09 and receive a 15% discount

L. DALE MITCHELL PARK



CAMP FEATURES

Each camper will receive a camp t-shirt, will be covered with a 24 hour insurance program and a full-time trainer will be on site at all times. Campers will be divided by age.

PROCEDURE TO ENROLL

Current sophomores, juniors and seniors in high school are eligible to enroll. Complete the application form and mail it in with a non-refundable \$50 deposit or the full fee. The balance of the payment is due the first day of camp. It should be in cash, money order or cashier's check. All return checks are subject to an additional \$20 fee. Camp confirmation and follow up letter will be e-mailed. If you prefer mailing check box beneath e-mail information on application. University of Oklahoma Baseball Camps are open to any and all entrants - limited only by number, age, grade level and/or gender.

NEW IN 2009-INDOOR HITTING FACILITY AND PRACTICE INFIELD



2009 OKLAHOMA BASEBALL WINTER CAMPS

MEDICAL RELEASE

Name of Camper: _____

Past Health: _____

Past Injuries: _____

Present Health (on medication?): _____

Drug Sensitivities: _____

Other Allergies: _____

Insurance Company: _____

Insurance Company Address: _____

Other Health and Accident Coverage: _____

Policy Holder: _____

Policy Number: _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the Oklahoma Baseball Camps. I agree to allow my child to be treated by a licensed physician while attending camp, if necessary, and to assume all cost related to such treatment. I authorize my insurance company to pay benefits to Student Health Services or University Hospitals. Also, I authorize the disclosure of medical information to my insurance company for the purposes of claim. In addition, I also understand the camp retains the right to use for publicity and advertising photographs, videos, and related materials of campers taken at camp.

Parent/Guardian Signature: _____

Street Address: _____

City: _____

State: _____

Zip: _____

Phone (Home): _____

Phone (Work): _____

Phone (Cell): _____

Insurance coverage will be provided by Coaches' Choice which is a very comprehensive camp insurance program consisting of the following coverages: Accident-Medical-General Liability and Lifetime Catastrophic. Note: A \$50 deductible is charged to any individual involved in a claim. Please be advised that this coverage is excess/secondary to any other valid and collectible coverage. Note: If your other carrier is an HMO plan, we recommend that you go to the providers within that plan. Please denote if your HMO requires medical attention at a certain place. If you elect not to go to providers within that plan, your claim will be denied by the HMO and you would be responsible for the deductible under the league insurance plan.

MINOR RELEASE & ACKNOWLEDGEMENT

The Oklahoma Baseball Camp is operated as an individual enterprise and is not owned, sponsored, or operated by the University of Oklahoma.

I am aware of the dangers involved in participation in the physical activities of the camp and all activities related to the camp; these activities include, without limitation, practices and events. I am aware that the camp involves competition with and against other camp participants and that such participation may involve physical contact. With regard to such physical activity, I am aware that there is inherent danger and risk of injury. I also am aware that many of these injuries may be serious and may include, without limitation, damages to joints, ligaments, muscles, bones, neck, spine, and other parts of the body.

Further, I am aware that activities related to the camp will involve the use of certain equipment. I am aware that such equipment in no way guarantees may safety from injury. Additionally, I will follow any and all instructions related to the use of equipment including those instructions provided by the manufacturer, equipment personnel, and coaches.

My participation in the above events and in all activities related to the above events is a voluntary act with full and complete knowledge of the risks involved. I hereby voluntarily assume all such risks associated with my participation in the above events. Additionally, I agree to exonerate, save indemnify, and hold harmless the camp, its owners, employees and volunteers, the University of Oklahoma, its officers, agents, and employees, including without limitation, equipment personnel, and physicians and other practitioners of the healing arts — from any and all liability, claims, causes of action, or demands of any kind and nature whatsoever, including without limitation personal injury which may arise from or in connection without limitation personal injury which may arise from or in connection with my participation in any activities related to the camp.

The terms hereof shall serve as a release and assumption of risk for me, my parents, or guardian, my heirs, estate, executor, administrator, assignees, and all members of my family. I have read and understand this acknowledgment and release and execute it as a free and voluntary act. Further, this acknowledgment and release is contractual and not a mere recital.

Participant Signature _____ Name Printed _____ Date _____

Parent/Guardian _____ Name Printed _____ Date _____

REGISTRATION INFORMATION

Name of Camper: _____

Camp Attending _____

Name of Parents: _____

E-Mail Address: _____

Street Address: _____

City: _____

State: _____ Zip: _____

Phone (Home): _____

Phone (Work): _____

Phone (Cell): _____

Birth Date: _____

Year In School: _____

Graduation Date: _____

Age: _____

Throws: _____

Hits: _____

Position Preferred: _____

2nd Position: _____

I have received an athletic letter: YES / NO (Circle One)

T-Shirt Size: _____

Camp Confirmation: E-mail / Postal Mail (Circle One)

Amount Enclosed: \$ _____

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University of Oklahoma
401 W. Imhoff • Norman, Oklahoma 73019-0650

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