

SEAMAN JUNIOR VIKING BASEBALL CAMP

May 28 – May 31 (Tue-Thu)

Rainout Make-Up Date: Friday, May 31

Grade 1st - 4th 8:30am – 10:00am - \$50

Grade 5th - 8th 10:15am – Noon - \$50

**JOHN LEWIS FIELD – NORTH TOPEKA OPTIMIST
50TH ROCHESTER RD – ACROSS THE STREET FROM SEAMAN HIGH SCHOOL**

In the event of rain or poor weather conditions please have indoor shoes for gym use.

CAMP INSTRUCTION WILL INCLUDE

- FUNDAMENTALS OF THROWING & CATCHING
- HITTING DRILLS – Tee’s Soft, Front & Flip Toss
- DEFENSIVE SKILLS – Infield & Outfield Play
- BUNTING TECHNIQUES – Sacrifice Bunts
- BASE RUNNING – Leads & Base Stealing Starts
- FUNDAMENTALS FOR PITCHERS & CATCHERS
- HUSTLE & POSITIVE ATTITUDES
- SKILL COMPETITIONS – Accuracy Throws & Radar Gun
- CAMP INSTRUCTORS: Seaman Staff, Players & Alumni

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Name _____ Grade _____ (Entering next fall)

E-Mail _____ Contact #: _____

T-Shirt Size: (circle one) Youth: M L Adult: S M L XL

Make checks payable to: ***Seaman Baseball***

Cost: **\$50**

Mail to: Steve Bushnell 3917 NW Cherry Creek Dr. Topeka, KS 66618

Registration Deadline: Friday, May 23, 2019