

All Campers must be covered by their own insurance policy. The Camp Staff assumes no responsibility for injury or illness.

Health Provider: \_\_\_\_\_

INS #: \_\_\_\_\_

Any Health Concerns/Issues we should be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I here by authorize \_\_\_\_\_

to participate in the Redhawk Baseball School.

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

Please detach registration and include a check payable to:

**Redhawk Baseball**  
**125 White St. Apt 1**  
**South Burlington, VT 05403**

**REDHAWK BASEBALL**

Tim Albertson  
125 White St. Apt 1  
South Burlington, VT 05403  
Phone: 802-922-4151  
E-mail: talbertson@cvsdvt.org

# REDHAWK BASEBALL SCHOOL



**Who:** CVU Baseball Program  
**When:** Little League: June 25 – 29; (Ages 6 – 12)  
**Time:** 8:30 AM – 11:30 AM  
**Where:** CVU High School  
**Cost:** \$100 (Before May 15)  
\$125 (After May 15)

# REDHAWK BASEBALL

# SCHOOL ..... The Future

# Starts Here!!

Welcome to CVU's Redhawk Baseball School. We provide the opportunity for every baseball student to learn and understand the Game at a higher level. Through the guidance of the CVU Coaching Staff as well as Current Varsity Players each student will learn different techniques and strategies to improve their game.

Sessions will be held at CVU High School on the Baseball and Softball



Fields. Allowing Future Redhawk players the chance to play on some of Vermont's Finest Fields!

Players should bring a water bottle and snack; as well as a glove, Baseball hat and cleats/indoor shoes. Personal Helmets and Bats are optional, players must be willing to share if they bring them..

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## Daily Schedule

**8:30 – 9:00:** Stretch & Loosen  
 Agilities  
 Throwing  
 Skill Building

**9:00 – 10:00:** Technique Stations (2)

**10:00 – 10:15:** Snack Time

**10:15 – 10:30:** Situation of the Day

**10:30 – 11:00:** Technique Station

**11:00 - 11:30:** Scrimmages

## Technique Stations (30 Minutes Each)

### Batting Practice Everyday!

**Monday** – Base Running,  
 Outfield Technique

**Tuesday** – Infield Technique,  
 Bunting

**Wednesday** – Situations / Pitching

**Thursday** – Catching / Situations

**Friday** – Homerun & Skills Contests  
 Scrimmage (Hour)

## Redhawk Baseball School Registration (Please Print)

Player: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt Size: YS YM YL  
 (Circle one) AS AM AL AXL

Address: \_\_\_\_\_

Parents/ Guardians: \_\_\_\_\_

Phone (s): \_\_\_\_\_

Email: \_\_\_\_\_

People to Contact during Camp Hours:

Name: \_\_\_\_\_

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