



2012 ROSEVILLE BASEBALL TRAINING PROGRAM

To all parents, players, and coaches:

The Roseville Area High School Baseball Coaching Staff is teaming up with RAYB to provide training opportunities for your players. Training sessions will focus on the fundamentals, while challenging and teaching player adjustments to work on at each session and at home. Coaches are encouraged to attend to see and hear what is being taught to bring back to your teams during the season.

Training Sessions - 5 week progressive program (Jan-Feb):

Areas covered: Throwing, Catching, Pitching, Infield, Outfield, Base Running, Hitting, Bunting, Mental Game, Adjustments

Player to Instructor Ratio: 6:1 (small team practice atmosphere)

Dates (Sundays): Jan 15 – Jan 22 – Jan 29 – Feb 12 – Feb 19

Location: Roseville Area High School (Upper Gym)

9-11 Year-Olds*

Time: 4:00pm - 5:00pm

12-14 Year-Olds*

Time: 5:00pm - 6:00pm

(*Age Group is based on age you will be at the end of the season – current RAHS students are not eligible)

Sessions limited to 30 players

Cost: \$100 for package of 5 weeks/sessions

To register and reserve your spot, please detach and mail the completed form (below) along with a check to:

Ryan Flanagan
1016 Woodhill Drive
Roseville, MN 55113

Player Name (Full): _____ **Player Grade:** _____ **Player Age:** _____

Parent Name (Full): _____ **Parent Phone #:** _____

Parent Email: _____

Anything Coaches Should be Aware of: _____

ON BEHALF OF MY CHILD, I (PARENT OR LEGAL GUARDIAN) HEREBY ASSUME ALL RISKS OF PLAYER NAMED ABOVE PARTICIPATING IN THIS ACTIVITY, AND THEREBY WAIVE, RELEASE, AND DISCHARGE ALL ROSEVILLE AREA HIGH SCHOOL COACHES AND STAFF FROM ANY AND ALL LIABILITY THAT SHOULD ARISE FROM SUCH ACTIVITY.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT, AND I SIGN IT OF MY OWN FREE WILL.

Signed (Parent or Legal Guardian): _____ **Date:** _____