

# ALL★STAR BASEBALL ACADEMY

## POSITION SPECIFIC TRAINING

This Program is designed to get Pitchers, Infielders, and Hitters ready for positions they will be playing at the next level. Pitchers will work specifically on conditioning and throwing, by ways of throwing programs, bullpens and live pitching to hitters. Infielders will work specifically on footwork, hitting and situational drills. All players will work on mental approach to the game. On field and off field preparation will be gone over as well. These workouts have been modeled from information from some of the best College Programs in the Nation.

Ages: 15-18

### Workout Dates

June 30th 6:00PM-8:00PM  
July 14th 6:00PM- 8:00PM  
July 28th 6:00PM- 8:00PM  
Aug 11th 6:00PM- 8:00PM  
Cost: \$595.00

### Simulated Game Dates

July 7th 6:00PM-8:00PM  
July 21st 6:00PM- 8:00PM  
Aug 4th 6:00PM- 8:00PM  
Aug 18th 6:00PM- 8:00PM

### 2010 Position Specific Training @West Chester Academy

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Age \_\_\_\_\_ DOB \_\_\_\_\_  
Cell \_\_\_\_\_

Cost: \$595.00  
High School \_\_\_\_\_  
Summer Team \_\_\_\_\_  
Payment Method  
Cash \_\_\_\_\_ Check \_\_\_\_\_  
CC# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
exp \_\_\_\_\_ sec# \_\_\_\_\_

**Mail this form to ASBA 52 Penn Oaks Drive West Chester, PA 19382 Fax 610-399-8553 Phone 610-399-8050**

I recognize there exists a risk of injury from the activities involved in the program, and knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for our child's participation. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless All Star Baseball Academy, LLC, its officers, officials, agents, employees, other participants, sponsors, advertisers, and owners and lessors of the premises ("Releasees") from any and all injury, disability, death or loss or damage to person or property whether arising from the negligence of the releasees or otherwise. I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. No refunds will be granted...no exceptions.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Visit our new Website [www.allstarbaseballacademy.com](http://www.allstarbaseballacademy.com) for more information