

FEB. SESSION APPLICATION FORM

Attending: 2/17: _____ (\$30) 2/19: _____ (\$30)
both: _____ (\$50) Siblings=20% total discount
(\$80 for 2)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SCHOOL _____

AGE & GRADE _____ / _____

T-SHIRT (Circle): ADULT S M L XL

PARENT'S NAME _____

HOME/WORK PHONE _____ / _____

EMERGENCY CONTACT(S) & PHONE(S) _____

Any medical conditions or physical limitations your child has which could impede his or her ability to safely participate in the Clinic must be listed below. If none, check here: _____

I agree to allow the staff and trainer of the Clinic to treat my child in the event of any ordinary injury while at the Clinic. In the event of any emergency, I understand that the emergency contact phone number(s) listed on this application will be called. In the event no contact can be made, I authorize the Clinic to proceed as necessary. I release the Clinic from liability associated with injury or accident while at the Clinic.

PARENT'S SIGNATURE: _____

Clinic fee is \$50 for two sessions or \$30 for one & includes: snack/gatorade, T-shirt. Please send application form ASAP to reserve your child's place. Payment confirms your registration. For Q's call Eric Swedberg 508-826-9981 or EMAIL eswedberg@auburn.k12.ma.us

MAKE CHECKS PAYABLE TO:
Auburn Boosters-Baseball
Cut out this form and send with payment to:
Head Baseball Coach
Auburn High School
99 Auburn Street, Auburn, MA 01501

How did you hear about the clinic?



14TH ANNUAL
2019



February Vacation

INSTRUCTIONAL

Baseball Sessions



Sponsored by:
The Auburn Athletic Boosters Club

SUN. 2/17 Defensive Skills

TUES. 2/19 Offensive Skills

registration: 8:45
Clinic begins @ 9am/pick up at noon
Walk-ins welcome
Pre-registration is preferred for
snacks/shirts, etc.

FOR PLAYERS AGES 6-13
At AUBURN HIGH SCHOOL
508-826-9981
eswedberg@auburn.k12.ma.us

PURPOSE OF THE SESSIONS

Pretend it's springtime and take your baseball equipment out of hibernation with The Rocket February Baseball Instructional Sessions! The clinic offers two sessions of quality baseball instruction. The goal of the



clinic is to teach the mental and physical essentials of pitching, hitting, fielding and base running. Players will be separated into

age specific groups. Each player will be presented with fundamental skills through a series of discussions, demonstrations, drills and games. In the Pitching/Catching portion of the clinic (day 1), the players will participate in two circuits of stations where we'll break down the wind-up/technique and responsibilities of a pitcher and catcher. In defense (day 1) we'll address infield, outfield and throwing fundamentals. And in the offensive section of the clinic (day 2), the players will get lots of swings and talk about/participate in skill development exercises in confidence, swing mechanics, base running and bunting.

FACILITIES

AHS's indoor facility is located at Auburn High School, with us utilizing the large gymnasium in addition to classroom & fitness rooms for lectures along with drills. Every player will use the brand new batting cage, two indoor pitching mounds, multiple soft toss nets, state-of-the-art training devices, and dozens of bats, indoor baseballs, soft baseballs, tennis balls, tees and helmets.

CLINIC SCHEDULE

- 9:00 Video/Introductions
- 9:05 Stretching
- 9:20 Brief Talk—(Swedberg)
- 9:30 Circuit I
- 10:30 Snack (Animal Crackers/Gatorade)
- 10:45 Circuit 2
- 11:45 Clean Up
- 11:55 Farewell/Baseball info. handouts

Day 1: Pitching/Catching & Defensive Skills



Day 2: Hitting/Offense

Throwing Mechanics	Swing Mechanics
Pitching	HR Derby
Infield	Birdie batting
Hands/tags	Bunting/hitandrun
Outfield	Base Running
Conditioning	Conditioning
Catching	Soft-Toss/Pepper

Payment is \$30/\$50

SAFETY & T-SHIRTS

Organization, safety and fun are our main priorities. All drills and activities will be executed in an orderly fashion and will be supervised by a coach/counselor. Soft tape balls, tennis balls, whiffle balls and rubberized baseballs will be used instead of the regular hardballs. Pitchers will be throwing to catchers under supervision and critique of counselors or coaches. Coaches will hit all ground balls. Water stations and snacks/gum will be provided. A certified trainer will be on duty and a school medical room will be available. Kids will be given a name-tag and a free Auburn Rocket Baseball T-shirt to ensure that all members of the camp are clearly visible.

Director: Coach Eric Swedberg

Swedberg has guided the Rockets to 14 straight post-seasons. The



Rockets were DII State Finalists in 2008, State Champs in 2009 and ended 2012 with a one-run game in the MA sectionals after claiming the DII CMASS trophy. They returned to the state final for the third time in six years in 2013. Last year they rolled to their 9th **CMASS title game in 12 years**, capturing their 7th **CMASS title**. Mr. Swedberg was an Assistant Coach at Clark U. He teaches Spanish at AHS and earned an M.A. in Spanish from WSU. He was a 3-time DIII All-American and Verizon Academic All-American while at WSU and was an outfielder/catcher for the Brewster Whitecaps of the Cape Cod Baseball League.

Future Clinics

Free: Sat. 3/30--**April:** T/Th, 4/16 & 4/18

Info: Staff/Arrival/Equipment

The Rocket February Sessions are run by AHS Baseball coaching/training staff and varsity players. Kids should be dropped off and picked up by a guardian in the **Auburn High School Rear/Gym Entrance Foyer**. Check-in/out is in the foyer area. For questions on weather, call 508-826-9981 & listen to the recorded message. Bring **sneakers, glove, baseball hat, catcher's gear** (catchers), **protective cup**. **OFFENSE: own Bat/batting gloves** (if you have them) **NOTE: Write name** on personal items! **Peanut Free Clinic**



Auburn



Rocket



Baseball

