

The Perfect Pitch and Swing Baseball Camp provides summer instruction for children ages 8 - 12* at V.E. Macy Park, 900 Saw Mill River Road, Ardsley, NY. Children will attend a full-day program from 8:30 a.m. to 3 p.m.

For information: (914) 231-4673

Philosophy

The Perfect Pitch and Swing Baseball Camp utilizes unique and innovative training methods that combine traditional baseball skill development and disciplines from other sports. Campers increase their knowledge of the game and develop their skills at various teaching stations, and use their new skills in game situations.

The Program

The key to the Perfect Pitch and Swing program is in its teaching approach: allowing the body to work effectively and in a biomechanically sound way.

The program will include:

- ♦ Drills and programs that have been proven effective through years of training and analysis
- ♦ Hitting instruction focusing on lower body use that allows average-size players to be as powerful as bigger players
- ♦ Proper footwork and handwork in fielding
- ♦ Focus on lower body for strength and injury prevention in throwing/pitching
- ♦ Innovative and progressive teaching methods
- ♦ Incorporating training methods from other sports like golf and martial arts
- ♦ Evaluation and analysis

All campers will receive a camp t-shirt and a 10% discount at the Perfect Pitch and Swing facility for future private lessons.

We will utilize additional instructors/counselors such as former professional players, school coaches and college and high school players.

**Children must be a minimum of age 8 before May 1, 2016 and cannot turn age 13 before May 1, 2016.*

Camp Dates

Five one-week sessions:

June 27 - July 1

July 5 - July 8

July 11 - July 15

July 18 - July 22

July 25 - July 29

Sample Daily Camp Schedule

Check-In 8:30 a.m. - 8:45 a.m.

Skill Training 9 a.m. - noon

Lunch Noon - 1 p.m.

Baseball Game 1 p.m. - 2:30 p.m.

Pickup 2:30 p.m. - 3 p.m.

3 p.m. pickup time will be strictly enforced; a minimum \$20 late fee will be charged and must be paid before the following day's check-in.

Fees

Early bird registration - \$200 per week, now through May 29, 2016.

After May 30, 2016 - \$275 per week.

*July 5 - 8 only \$150 4 days only (4th of July week)

Save 10% when multiple weeks are purchased.

Rain Days

In inclement weather, camp will be held at House of Sports, 1 Elm Street, Ardsley, NY 10502. Indoor activities include stretching, hand eye coordination, agility training, hitting and pitching instruction, as well as game rules and strategy seminars.

Payments are refundable up to June 27, 2016 (less \$35 per week administrative fee).

Things to Bring

Labeled sports bag containing drink, equipment, glove and lunch.

**perfect
pitch and
swing**

Summer Baseball Camp
at V.E. Macy Park

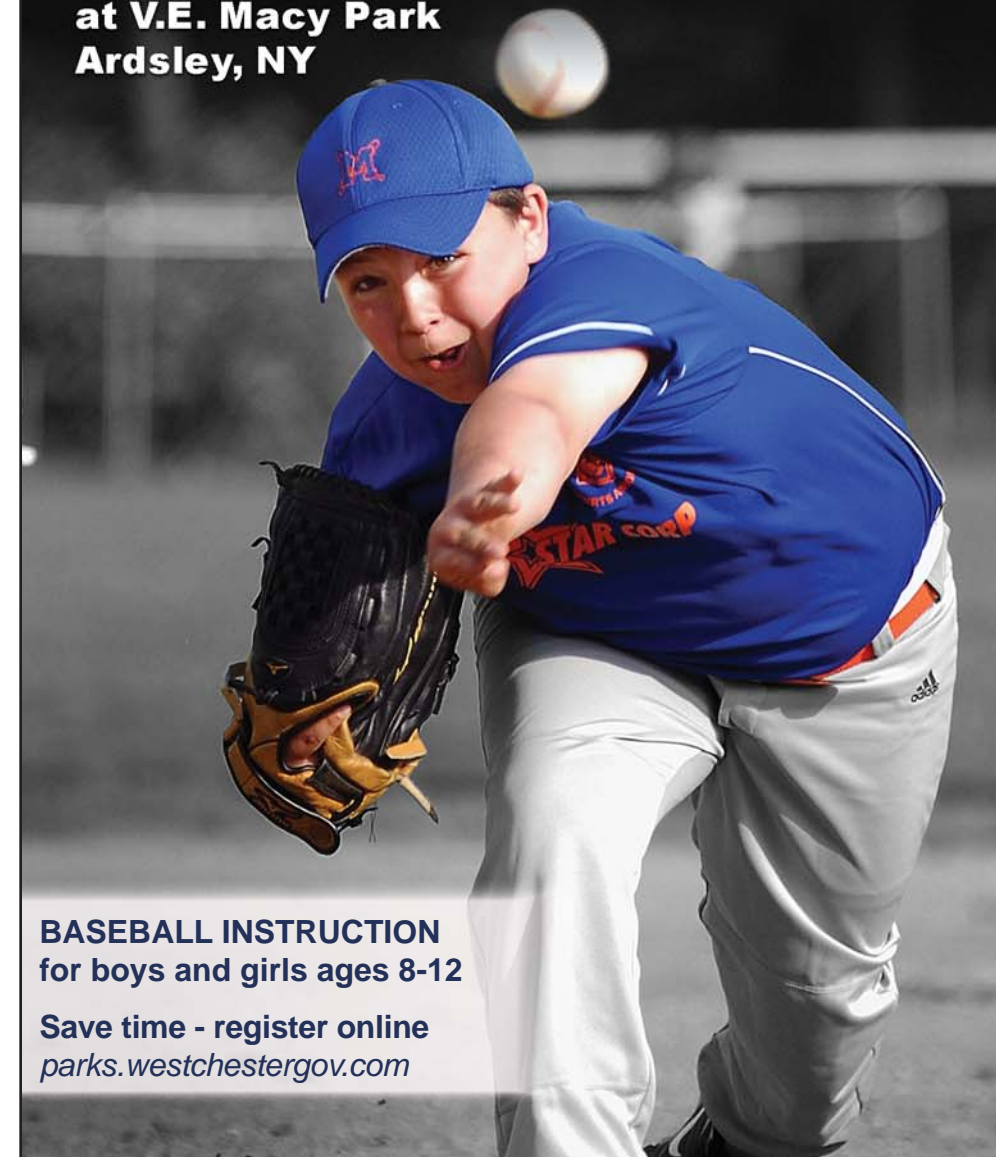
450 Saw Mill River Rd., Ardsley, NY 10502



Westchester
gov.com Robert P. Astorino
Westchester County Executive

perfect pitch and swing

Summer Baseball Camp
at V.E. Macy Park
Ardsley, NY



BASEBALL INSTRUCTION
for boys and girls ages 8-12

Save time - register online
parks.westchestergov.com

Westchester
gov.com

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Baseball Camp 2016 Registration Form

(one application per camper)

Session(s): June 27 - July 1 July 5 - 8
 July 11 - 15 July 18 - 22 July 25 - 29

Camper Name: _____ Home #: _____

Address: _____

Grade (Fall 2016): _____ Date of Birth: _____ Age: _____

Mother's Name: _____ Cell #: _____

Father's Name: _____ Cell #: _____

Parent e-mail: _____

Child's Doctor: _____

Medical Insurance Company: _____

Policy #: _____

Medical History: Please list any medical or behavioral concerns that will assist our staff in properly caring for your child.

Payment:

Credit Card #: _____ Expiration Date: _____

Signature: _____

Printed Cardholder's Name: _____

Please read and sign:

I hereby certify that the information I have provided on this application is correct and that, unless specified, my child is in normal physical and mental health. I give my permission for my child to participate in all Perfect Pitch and Swing Camp activities. I understand that all fees are non-refundable. I also understand that the County of Westchester is self-insured and does not cover medical costs for persons injured during the normal course of participation in this program. Students participate at their own risk. If I cannot be reached in the event of an injury, I give my permission for my child to be taken to the hospital for treatment to include evaluation of the injury, x-ray and needed medical treatment.

Signature of Parent or Guardian: _____ Date: _____

I give permission to allow my child's photographs to be taken during camp. I further give permission that these photographs may be published and used by Westchester County to promote camp programs.

Signature of Parent or Guardian: _____ Date: _____

Please send your completed application, with appropriate fee, to:

Westchester County Parks Baseball Camp
450 Saw Mill River Road
Ardsley, NY 10502



Registration

Online at: parks.westchestergov.com/activities/childrens-camps

-or-

Mail or Fax applications to:

Westchester County Parks Baseball Camp
450 Saw Mill River Road, Ardsley, NY 10502
Fax: (914) 864-7129

Make checks payable to: Westchester County Parks



What makes our camp so special?

- ① Small groups ensure more individualized attention to each child
- ① Convenient central Westchester location
- ① Quality instruction at affordable prices
- ① Best grass fields in Westchester County