Mike LaRosa Baseball Camps, LLC presents



September 29 | 9:00AM - 4:00 PM | Widener University Baseball Field

Widener University Head Baseball Coach Mike LaRosa cordially invites you to participate in the 2019 Elite College Coaches Camp for high school players, grades 9 through 12. The goal of this camp is to offer fundamental instruction provided by committed and knowledgeable college coaches, while providing high school players the opportunity to demonstrate their talents in front of some of the top college programs in the region. This camp is open to any and all entrants, limited only by number, age, and grade level. The player to coach ratio will not exceed 5:1.

TENTATIVE SCHEDULE

8:30 am Registration

9:00 am Dynamic Warm-up/Agilities

9:30 am **Throwing Progressions**

9:45 am **Drills & Skill Work**

12:00 pm Lunch & Q/A Session

12:30 pm Stretch & Warm up

1:00 pm **Controlled Scrimmage**

4:00 pm **Camp Conclusion**

ITEMS TO BRING

Baseball cleats Baseball pants

Turfs/sneakers Bat and batting gloves

Baseball glove Water/sports drink

Lunch

Batting helmet

*if applicable *All campers will be given a t-shirt upon arrival

PAST ATTENDING COLLEGES















Catching gear

























REGISTRATION

You can register online at **www.larosabaseballcamps.com** or mail completed registation form along with payment to:

Widener University Baseball Attn: Mike LaRosa One University Place Schwartz Center Chester, PA 19013

Checks can be made payable to: MLB Camps, LLC

COST

\$225 if registered by August 31 \$250 if registered on or after September 1

*Refund Policy: We do not offer refunds for cancellations within 2 weeks of the camp date. We can, however, apply a credit to a future camp. In the event of rain, we will move the camp indoor.

REGISTRATION FORM Ple	ase Print	
Name:		
Address:		
City:	State:	Zip:
Telephone:	Email:	
Age:	Grad Year:	School:
Height:	Weight:	
Bat (Circle one): R L S	Throw (Circle one):	L
Primary Position (chose one only):		
HS GPA:	SAT/ACT Scores:	
Potential College Major:		
T Shirt Size (circle one): S M L	XL XXL	
Parent/Guardian information		
Name:		
Cell:		
Email:		
Consent Statement I know that this activity is potentially hazardous a during my participation in and/or on the premise LLC and Widener Univertsity from any and all liab I certify and acknowldge that I have read the bove	nd I hereby assume full responsibility for e of this event. I hereby release and hole ility to personal injury arising from part	or any injury or accident that may occur d harmless Mike LaRosa Baseball Camps icipation in this camp program
Participants Signature Parent,	/Guardian Signature if under 18	Date