

**2010  
Baseball Strength Training  
Application**

Name: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St. \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Method of Payment**

Total Camp Fees \$ \_\_\_\_\_

Credit Card Processing Fee (\$3) \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**PAYMENT OPTIONS**

- CHECK # \_\_\_\_\_  
 CASH

**CREDIT CARD**

- MASTER CARD  
 VISA  
 DISCOVER

**CREDIT CARD INFORMATION**

NAME ON CARD: \_\_\_\_\_

CARD#: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**CHECKS PAYABLE TO: OTHS BASEBALL**  
**600 SOUTH SMILEY ST**  
**O'FALLON IL 62269**

REGISTRATION & APPLICATIONS AVAILABLE AT  
WWW.OFALLONPANTHERBASEBALL.COM

**IMPORTANT**

Please send application form, a signed waiver, and full payment to O'Fallon Township High School, attn: Jason Portz. Please make checks payable to "Panther Baseball" Please write the participants FULL NAME on the check. Allow 5-7 days for processing prior to receiving an e-mail or phone confirmation.

**Equipment**

Campers should wear athletic wear, including athletic shorts or sweatpants, t-shirt or sweatshirt, and shoes suitable for indoor athletic surfaces. Campers should also bring their own small water jug. Weightlifting gloves are optional, but not necessary.

**Registration**

Registration will take place in the South Gym of O'Fallon Township High School starting at 12:30 pm the first day of the clinic for session 1 and at 1:30 pm for session 2.

**Cost:**

\$85.00 includes personal training and baseball specific strength program. Please make checks payable to "Panther Baseball"

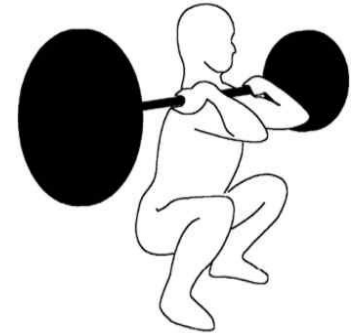
Jason Portz  
O'Fallon Township High School  
600 South Smiley St.  
O'Fallon, IL 62269

Phone: 618/632-3507 \*581  
Fax: 618/632-1625  
E-mail: portzj@oths.k12.il.us  
Web: www.ofallonpantherbaseball.com

[www.ofallonpantherbaseball.com](http://www.ofallonpantherbaseball.com)

**O'FALLON PANTHER  
BASEBALL**

*Strength Training  
Program at OTHS*



**June 2 - June 25,**

**July 5- July 30**

**M-W-Th**

*The difference between you and your  
competition is the off season.*

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# O'FALLON PANTHER BASEBALL STRENGTH TRAINING CLINIC

## INSTRUCTIONAL SESSIONS

### Freshmen and Sophomores Objective:

Your off-season baseball strength program will be an excellent foundation to develop strength, speed, and power. Your training will not only help you develop overall body strength, but will also include baseball specific weight training concepts. At this camp, you will learn technique, and build the foundation necessary to grow into a strong athlete and baseball player.

### Juniors and Seniors Objective:

Your off-season baseball strength program will take your existing performance to a whole new level. Your program may include more advanced applications and variations. Whether you want to become faster on the bases or hit the ball with more power, the off-season is where it's at. In this program you will be introduced to baseball specific concepts that are slightly different than those in other sports. Due to the natural imbalances of the game, your body requires special attention.

## THE COACHING STAFF

The instruction is led by Jamie Vanderheyden, your off season strength coach, as well as the O'Fallon Panther Baseball coaching staff. Jamie has developed an off season program designed for you. This will be more than a supervised weight room, you will be instructed and coached. Your hands on instruction will not only come from someone with baseball experience, but knowledge in developing baseball specific strength.

## FACILITIES

The instructional sessions will be held in O'Fallon Township High School weight room.

## STRENGTH TRAINING CLINIC

**GRADES: 9TH - 12TH**

**COST: \$85.00**

### Summer Instruction Schedule

**Dates:** June 2 - June 25, July 5-July 30

**Days:** Monday, Wednesday, and Thursday  
**(Off June 26- July 4)**

### Times:

- **Grades 9 - 10** 1pm—2pm
- **Grades 11 - 12** 2pm—3pm
- *Grades are based on class for 2010-2011 School year.*

**\*Individual adaptations to the overall program will be made as necessary.**

### Off-Season Training Emphasis:

*Overall total body strength development*

*Dynamic warm-ups*

*Posterior Chain Development*

*Unilateral / Bilateral training*

*Shoulder health/Scapular activation*

*Hip mobility*

*Core Development*

*Grip Training*

*Deloading techniques*

*Baseball specific strength concepts*

## WAIVER

In consideration of your acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive & release the O'Fallon Township High School District 203, their agents, committees, & members from any and/or all claims on right to damage for injuries or losses suffered by me directly or indirectly in training, or traveling to or from, or competing in, or attending the Panther Baseball Strength and Conditioning Clinic.

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**Signed Participant:**

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**Signed Parent/Guardian:**



**O'Fallon Panther Baseball**