Ohm's

Premier Sports Academy

2016 Baseball

PITCHING, FIELDING, HITTING, CATCHING LESSONS

*Open to ages 8-16

Pitching- Players will learn proper mechanics, how to improve arm strength, arm care, age appropriate pitches and finger grips, situational pitching, and fielding their position.

Fielding- Players will learn proper fielding mechanics, footwork, positions 3-9, and situational fielding.

Hitting- Instructors will break down the swing with T-work, short toss, as well as live and situational hitting.

Catching- Breakdown fundamentals of receiving, blocking , footwork and managing the field.

*All lessons are 60 minutes in length

Individual lessons $65 4 pack $220
Group lessons 2-4 per group $90 4 pack $320

BASEBALL ACADEMY hr 15 minutes

*Held outdoors at RYBA infield/batting cage complex

*Open to ages 8-14

June 13-July 27 (excluding July 4-8)

Session 1: M/W 9-10:15am Session 2: M/W 10:15-11:30am

*Call/email for dates at least 1 week in advance.

$30/Single Session 4 pack/$100

Our Academy offers quality experienced coaching. Instruction will focus on proper throwing mechanics, pitching, fielding techniques, hitting fundamentals, catching, and situational game play.

Owner/Instructor Joe Ohm

Joe is an area graduate from Elgin-Millville. He was a member of the University of Wisconsin-La Crosse baseball and basketball teams. Joe was a pitcher and played professional baseball in the Chicago Cubs organization. He is currently a teacher in Rochester. This is Joe's 15th year of directing camps, leagues, and clinics in baseball and basketball. He has worked with hundreds of youth players.

ohmsportsacademy@gmail.com (507)993-0528

Mail registration and payment to: Ohm's Premier Sports Academy, P.O. Box 7501, Rochester, MN 55903

Please circle: Individual/Group Lessons Single 4Pack
Baseball Academy M/W Sess.1 Sess.2

6/13 6/15 6/20 6/22 6/27 6/29 7/11 7/13
7/18 7/20 7/25 7/27 _____total sessions

Name _____ Age_____ Total $_____

Address _____Phone_____

Email_____

2016 Baseball Waiver Summer Ohm's Premier Sports Academy L.L.C.

Release of Liability and Hold Harmless Agreement: I hereby authorize that by signing this form, that I release Ohm's Premier Sports Academy, L.L.C., all members of the staff as well as anyone associated with the facility and instructional lessons, from any liability for injuries and/or damages of any kind sustained by my child. We/I declare that the enrolled applicant is in good health and may participate in rigorous activity and I accept all responsibility and assume all costs that may be incurred in the event of an accident. I understand that Ohm's Premier Sports Academy, L.L.C. does not provide health insurance coverage for my child. We/I authorize the coaching staff to call medical personnel to treat our (or my) son or daughter in the event of illness or injury. By signing this agreement, I acknowledge that I am aware of THE INHERENT RISKS of participation in the activities. I appreciate that these risks may include serious property damage, injury, or death that may result, and that there will always be risks regardless of all precautions.

Parent /Guardian Signature_____ Date_____