



FEBRUARY VACATION

Baseball Camps and Clinics

Baseball Camps, ages 8-12

Feb 21-23, Tues-Thurs, 12:30-3:30; \$135

Feb 24, Friday, 9am-1pm, \$45

Coach Steve Donovan's baseball camp offers players the opportunity to work on their baseball skills and have fun during winter break! The camp provides instruction in hitting, throwing, fielding & positional play.

	Feb 21-22-23 (Tues-Thurs) Baseball Camp; \$135
	Feb 24 (Friday) Baseball Camp, 9am-1pm; \$45
	Attend both camps for \$160!

Rookies Camp, ages 5-7

February 21-22-23, 3:30-4:30; \$50

Skills camp for baseball and softball players ages 5-7! This 3-session camp introduces players to the proper techniques of throwing, catching, fielding and hitting.

	Rookies Camp for ages 5-7; \$50
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Baseball Clinics; February 21, 22, 23

Baseball Hitting Clinics, ages 8-12, 13-15

Little League and Babe Ruth Levels

3-day semi-private clinics covering proper hitting mechanics: set-up, stride, pivot, approach with the hands and path of the bat. Sessions include personalized instruction and live batting practice.

Little League Pitching Clinics, ages 8-12

3-day semi-private clinics covering proper mechanics of pitching using the full wind-up position with drills and techniques to improve form, balance and control. Personalized instruction.

Little League Catching Clinic, ages 9-12

3-day semi-private clinic covers core catching skills: receiving, blocking, infield defense, and working with pitchers. Personalized instruction.

	3-Day Clinics: Feb 21-22-23		Ages	Players	Fee	Instructor
full	10-11am	Little League Hitting	8-12	6	\$75	Donovan
full	11-noon	Little League Pitching	8-12	6	\$75	Donovan
	1:30-2:30	Little League Catching	8-12	6	\$75	Morris
	2:30-3:30	Little League Hitting	8-12	6	\$75	Morris
	3:30-4:30	Little League Pitching	8-12	6	\$75	Donovan
	11-noon	Babe Ruth Hitting	12-15	6	\$75	Morris

See page 2 for our 5-week pre-season clinics available in February & March! →



Please indicate selections by placing a check mark in the box next to selected program.

Coaches

*Steve Donovan, Westford Academy JV coach
Henry Morris, Littleton HS JV coach*

Register by phone (978-266-1766), fax (978-266-1764), or by mailing form and payment to AtBats.

Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program. I give AtBats permission to video my child's participation in this training program for instructional and promotional use.

Parent or guardian signature required: _____ Date: _____



LITTLE LEAGUE BASEBALL CLINICS

Baseball Head Start, ages 5-7

\$125. 4-5 week clinic for 8 players. Introduces players to the fun of baseball and correct techniques of throwing, catching, fielding and hitting.

<input type="checkbox"/>	Tuesdays 4-5pm; Feb 28, March 6, 13, 20, 27. Coach Donovan
<input type="checkbox"/>	Thurs 4-5pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Sundays 1-2pm; Feb 26, March 4, 11, 18. (4-weeks for \$95)

Baseball Fundamentals, ages 8-10

\$145. 5-week clinic for 8 players. This small group clinic covers basic baseball skills for new and experienced players: throwing, catching, hitting, fielding and positional play.

<input type="checkbox"/>	Sundays 2-3pm; March 4, 11, 18, 25, April 1. Coach Donovan
<input type="checkbox"/>	Fridays 5-6pm; Feb 17, March 2, 9, 16, 23. Coach Donovan

Little League Hitting, ages 8-12

\$160. 5 week clinic for 6 players. The program covers proper hitting mechanics through numerous drills and live batting practice. Includes personalized instruction.

<input type="checkbox"/>	Mondays 6-7pm; Feb 27, March 5, 12, 19, 26. Coach Donovan
<input type="checkbox"/>	Thursdays 5-6pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Saturdays 2-3pm; Feb 25, Mar 3, 10, 17, 24. Coach Anderson

Baseball Clinic Instructors

Brandon Anderson, pro player, Frontier League
Jeff Kane, assistant coach, Holy Cross
Brendan Eygabroat, head coach, UMass-Boston
Steve Donovan, Westford Academy JV coach, former pitching coach Merrimack College



Please indicate selections with a checkmark in the box next to the selected clinics schedule. Register by phone (978-266-1766), FAX (978-266-1764) or by mailing form and payment to AtBats.

Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____

**AtBats Training Center, 233 Summer Road, Boxborough, MA 01719
 Phone 978-266-1766 Fax 978-266-1764 www.atbats.com**

Babe Ruth & High School Baseball Clinics Also Available!

Little League Spring Training!

Pre-season skills & conditioning for ages 9-12

\$160. Get ready for baseball season with pro-player Brandon Anderson's 5-week program covering hitting, throwing, fielding, and pre-season baseball exercises for strength, flexibility and conditioning. Limited to 8 players!

<input type="checkbox"/>	Saturdays 4-5pm; Feb 25, March 3, 10, 17, 24. Anderson
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Little League Pitching, ages 8-12

\$175. 5 week clinic for 4 players in our clay bullpen.

For new and experienced pitchers. Covers proper mechanics of pitching from the full wind-up position with techniques to improve form, balance and control. Personalized instruction.

<input type="checkbox"/>	Thursdays 6-7pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Saturdays 3-4pm; Feb 25, March 3, 10, 17, 24. Donovan
<input type="checkbox"/>	Mondays 5-6pm; Feb 27, March 5, 12, 19, 26. Donovan

Catching Lessons, ages 9-12

\$175. 5 week clinic for 4 players. Covers core catching skills of receiving, blocking & throwing through progressive drills. Covers other skills based on age & ability: bunts, tag plays pop-ups, pitch calling, situational tactics, speed & footwork drills.

<input type="checkbox"/>	Call for schedule options...
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