



*"Work Hard...Play
Better"*

Pitchers/Catchers Pre-Season Baseball Clinics (Ages 8U, 9U & 10U for 2023) *5-Week Pre-Season Clinics* www.chrishenrybaseball.com

Coach Chris Henry will run a program teaching the fundamentals of pitching for baseball players playing 8U, 9U & 10U for the 2023 travel season. This clinic's principal aim is to teach youth pitchers proper mechanics (correct arm action, proper grip, pitch delivery, balance, lower body, band work, etc.). The catchers will go over the basics and advanced techniques needed to excel in: receiving, footwork, framing, blocking, fielding, and throwing. Besides these fundamentals, we will go over how to control the game and be a leader on the field. We will introduce a progressive weekly throwing program ending each session with a live bullpen and live situations.

Chris Henry is in his 19th year of coaching from the collegiate, high school, club and youth levels, including Kushner Academy, Madison High School, Newark Academy, West Orange High School and Union County College. He continues to coach and teach instruction at the youth and high school levels through his business, Chris Henry Sports Instruction LLC and his club program, Eagles Baseball. Last summer he helped lead the 12U SOM Cougars to a first ever season summer championship for that group of players.

REGISTRATION INFORMATION: Players will be registered for this program based on their **for the 2023 season (April 30, 2023)**. Minimum of 10 players and maximum of 18 players per session. Complete the registration and waiver section and email to Coach Henry (coachhenry22@gmail.com).

Tuesdays - 2/28, 3/7, 3/14, 3/21 & 3/28: 7-8:30PM - The Soccer Palace at The West Orange Armory, 1315 Pleasant Valley Way, West Orange

Payment(s) can be made via:

Venmo @ChrisHenry-22

Credit/Debit card (Transaction Fee Applied) where an invoice will be e-mailed to you

Cash/Check

Registration is complete once payment has been received. The program cost is \$265 per player for five 90-minute session(s). All players are responsible for their own equipment.

WHAT TO WEAR/BRING: All players should wear baseball attire, sneakers (NO CLEATS) and bring their own baseball equipment and water. NO FOOD/GUM/SEEDS. In adherence to all **current** local, state and CDC Guidelines as well as facility protocols, players should have their own face mask and sanitizer or wipes (if needed). Updates will be relayed if facility makes any changes.



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Fee: \$265 per clinic: \$250 per clinic for two siblings.
Check your session choice below.

	<u>Sessions/Dates</u>	<u>Time(s)</u>	<u>Ages (circle)</u>
<input type="radio"/>	Pitchers February 28, March 7, 14, 21 & 28	7-8:30pm	8U, 9U or 10U
<input type="radio"/>	Catchers February 28, March 7, 14, 21 & 28	7-8:30pm	8U, 9U or 10U

Player Name: _____
 Address: _____
 E-mail Address(es): _____
 Grade: _____ Current Age: _____ Date of Birth: _____
 Parent/Guardian: _____ Phone: _____
 Other Contact: _____ Phone: _____

List any medical problems or conditions for which staff should be aware:

Assumption of the Risk and Waiver of Liability Relating to COVID-19/Coronavirus: Baseball, like all sports, has the inherent possibility that a participating player may be injured. By signing the attached waiver, you are hereby acknowledging that you are the legal guardian of the player and hereby agree to hold Chris Henry Sports Instruction LLC, the Coaches, Directors, Officers and/or employees harmless and indemnify them for any claims alleging negligence resulting in any injury to your child.

Furthermore, in light of the Covid-19 pandemic, you understand that by virtue of attending and participating in any game, clinic, practice and/or training session, you and your child could possibly contract Covid-19 by being in close proximity to other players. You understand this risk and understand that your child does not have to participate in these events and/or sessions. We would encourage you, if you have any reservations regarding the health and/or safety of your child to not participate in the games (camps) during this period of pandemic. Chris Henry Sports Instruction LLC cannot and will not guarantee that you or your child will not contract Covid-19 or any other infectious disease for that matter. By signing this waiver, you agree to hold harmless and indemnify Chris Henry Sports Instruction LLC for any claims alleging that you or your child contracted Covid-19 by participating in any of these events held by Chris Henry Sports Instruction LLC.

PARENT SIGNATURE: _____ **DATE:** _____