

# **SYRACUSE BASEBALL PREP**

## **WAIVER FORM/HEALTH INSURANCE INFORMATION**

### **Emergency Medical and Insurance Information**

All participants must be covered under a Health Insurance Policy while attending instructional baseball lessons. Please complete the following:

**Health Insurance Provider:** \_\_\_\_\_

**Policy Number:** \_\_\_\_\_

**Person to contact in case of emergency:** \_\_\_\_\_

**Emergency Phone Number:** \_\_\_\_\_

### **PARENT AUTHORIZATION AND GENERAL RELEASE FROM LIABILITY**

I, \_\_\_\_\_, am signing for on behalf of my child \_\_\_\_\_ . I am at least 18 years old, legally competent, and I understand and agree that the terms below are contractual. The undersigned hereby acknowledges that participation in this camp and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant, hereby assumes all such risk and does hereby release and forever discharge the camp and all the employees and agents thereof from any and all liability of whatever kind or nature. I approve of my child's attendance at this activity and certify that he is in good health and is fit to participate. Participant has medical insurance. I agree to hold harmless the employees of Syracuse Baseball Prep, the facility and field being used and their agents from claims or damages due to injury to person or property arising from my child's participation in these lessons. I consent to emergency treatment for my child, if in the judgment of the supervising instructor, it is required.

*This waiver has been read and understood and is signed voluntarily by me as the legal representative of the participant.*

**Parent/Guardian's Signature:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Parent/Guardian's Name:** \_\_\_\_\_

**Daytime Phone # :** \_\_\_\_\_

**Cell Phone # :** \_\_\_\_\_

## **SYRACUSE BASEBALL PREP**

Got cut from your school's baseball team and want to get better and make the team next year? Or do you just need some extra practice before your upcoming Little League or Babe Ruth season? Want to work 1-on-1 with a professional baseball player?? Attention all pitchers and catchers! This is your chance to have individualized 1-on-1 instruction before your season starts...

Here at Syracuse Baseball Prep we will work around your schedule to find the best time for your child's lessons. We focus on the fundamentals of:

- Pitching mechanics
- Throwing
- Fielding
- Catching mechanics
- Strength and agility training that is position specific.

These lessons focus on the most basic skills as well as the advanced individualized instruction that you will not get anywhere else. We do not offer hitting practice indoors. Ask about outdoor lessons when the weather gets warmer and the snow melts! We also have a portable pitching mound as well! Here are the package rates:

1/2 hour - \$30

1 hour - \$50

5 - 1 hour lessons - \$225

10 - 1/2 hour lessons - \$250

10 - 1 hour lessons - \$400 :: best value!

\*With the purchase of a 5 or 10 session package deal, your child will receive a personalized training plan after he has completed his lessons. This training plan will give your son the tools he needs to continue training on his own.

Contact us at (315) 720-4251 /or by email at [syracusebaseballprep@gmail.com](mailto:syracusebaseballprep@gmail.com)

### **Meet the Coaches:**

#### **PITCHERS**

JJ Potrikus is a professional baseball player in the independent leagues; formerly with the Gary Indiana Railcats in 2010, currently under contract with the Macon Pinetoppers to play this summer. He has coached kids from age 6-17 over the past 5 years at clinics and camps across the country. JJ graduated from SUNY Cortland with a degree in Childhood Education. Potrikus will return in the spring of 2012 to be a part of Cortland's coaching staff as a pitching coach.

#### **CATCHERS**

Josh Stoetzel is a Cicero-North Syracuse graduate where he played varsity baseball and earned all league honors. Josh also played for Onondaga Community College for two years where he was team captain and lead the team in batting average for both years. Next, Josh attended SUNY Oswego to finish his degree in business administration and to

continue his baseball career. After two seasons playing for Oswego State he then made a transition into coaching. In the 2010 season he was the Oswego State Lakers assistant coach under head coach Frank Paino.

### **INFELDERS AND OUTFIELDERS**

Both coaches have plenty of experience working on defense drills with both infielders and outfielders of all ages. Whether it is just the fundamentals of fielding grounders and fly balls, or the finer points of a crow hop or a backhand, these coaches and this facility have everything you need to become a better defensive player.