

**SAN RAMON VALLEY BASEBALL
STRENGTH & SKILLS CAMP**

Baseball Strength and skills training will take place at San Ramon High School every **Tuesday, Wednesday, and Thursday from June 23th thru July 23rd 2015**. Any student athlete Grades (7-12) is encouraged to participate.

The schedule is as follows: *Please Note the grade is for the 2014-2015 school year.**

9 th -11 th	Grade (2013-2014 year)	9am	-	11am	Tues, Wed, Thurs
7 th /8 th	Grade (2013-2014 year)	11am	-	1pm	Tues, Wed, Thurs

The goal of this program is to help players develop and improve their baseball skills, as well as enhance their overall strength and quickness. Instruction/training will cover: throwing, hitting, fielding, pitching, and baserunning. Please contact Coach deClercq if any scheduling conflicts occur.

Please bring glove, bat, and baseball hat. (Bats are available for players who do not have their own).

The price for the program is **\$300.00** which includes:

- 1) Carefully planned and monitored strength & conditioning workouts.
- 2) Baseball skills instruction.
- 3) SRV Baseball t-shirt and shorts.

Questions? Call Chris deClercq, SRVHS Head Baseball Coach, (925) 890-1207 email: **cdeclercq24@hotmail.com**

NCS Champions 1991, 1999, 2004

EBAL Champions 1999, 2003, 2004, 2011, 2014

NCS Playoffs 1991, 1992, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2007, 2009, 2010, 2011, 2012, 2014

*Please return the bottom portion of this form, the attached liability waiver, and a check for \$300.00 made out to **SAN RAMON VALLEY BASEBALL** as soon as possible.

Mail to:

San Ramon Valley High School
501 Danville Blvd.
Danville, CA 94526
ATTN: Chris deClercq

NAME: _____ PHONE # _____

PARENT'S NAME _____

Email _____

INSURANCE CARRIER _____ POLICY # _____

SHIRT SIZE (adult) _____ SHORT SIZE (adult) _____

EMERGENCY PHONE #(s) _____

GRADE (Fall) _____ EMAIL ADDRESS _____

This camp serves as a fund raiser for the Baseball program. Fund Raiser indicates a good portion of the camp proceeds should be directed to the club- the summer camp fund raising opportunity is not intended for summer employment for coaches. This year funding raising effort will be directed to the following: Non District funded coaching stipends, balls, safety equipment. Summer shall not be a prerequisite or result in preferential treatment when participating in a district athletic program.



SAN RAMON VALLEY UNIFIED SCHOOL DISTRICT

EXTRA CURRICULAR ACTIVITIES

VOLUNTARY ACTIVITIES PARTICIPATION FORM

and

ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK

I authorize myself/my son/daughter, _____ to
participate in the activities of _____.

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that participation in these activities is completely voluntary.

I understand and acknowledge that in order to participate in these activities, my son/daughter and I agree to assume liability and responsibility for any and all potential risks that may be associated with participation in such activities.

I understand, acknowledge, and agree that the San Ramon Valley Unified School District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by myself, my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

The undersigned agrees to defend, indemnify and hold harmless the San Ramon Valley Unified School District, its Board of Trustees, officers, agents and employees, individually and collectively, from and against all costs, losses, claims, demands, suits, actions, payments and judgments, including legal and attorney fees, arising from personal or bodily injuries, property damage or otherwise, regardless of and however caused, brought or recovered against any of the above that may arise for any reason from or during or be alleged to be caused by the undersigned's (use/occupancy of District's facilities, furniture or equipment, or nature of activity).

I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

Parent/Guardian

Date

Student Signature

Date

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file before a participant will be allowed to participate in the above extra-curricular activities.

Reviewed: