2013 Misericordia University Baseball Winter Academy
Five consecutive Sundays: Jan. 13, Jan. 20, Jan. 27, Feb. 3, and Feb. 10
Anderson Sports and Health Center
Misericordia University

About the Misericordia University Baseball Winter Academy
The Misericordia University Baseball Winter Academy was founded to give young baseball players the opportunity to learn the game and improve their skills during the winter months. Our philosophy is simple: the process of becoming a better baseball player should be fun! Our instructors are knowledgeable and energetic, and are committed to helping each player prepare for the spring and summer seasons over the course of five productive, fun weeks in our spacious indoor facility.

Winter Academy Format
We offer sessions in hitting, throwing mechanics/pitching, and pitching. Each session lasts one hour and runs five consecutive Sundays. Some players attend one session each week; others attend both a hitting session and either a throwing mechanics/pitching or pitching session during consecutive or non-consecutive hours. (See schedule below for specific times.)

- Our hitting sessions (grades 1-8) are designed to teach the fundamentals of hitting based on the age and ability of each player. Younger and less experienced players will learn about proper stance, grip, and swing path, among other skills. Older and more experienced players will learn about lower body use, staying inside the ball, timing, and the mental side of hitting. The instruction is not lecture-based; players will participate in drills every week. Each player should bring a baseball bat.
- Our throwing mechanics/pitching sessions (grades 1-3) are designed to teach the basic mechanics needed to throw a baseball with strength and accuracy. Players will learn about footwork, grip, arm angle, and glove-side mechanics, among other fundamentals, including basic pitching techniques. The instruction is not lecture-based; players will participate in drills every week. Each player should bring a baseball glove and a throwing partner (usually a parent or guardian).
- Our pitching sessions (grades 4-8) are designed to teach the mechanics of an efficient pitching delivery. Players will learn about grip, arm angle, front-side mechanics, stride, and defensive footwork, among other fundamentals. The instruction is not lecture-based; players will participate in drills every week. Each player should bring a baseball glove and a throwing partner (usually a parent or guardian).

Tuition
Academy tuition is $95 per player for one five-week session. The cost for one player to attend two five-week sessions (for example, one hitting session and one pitching session) is $180.

Registration
Register by completing and mailing in the enclosed registration form, along with full payment, to the address listed on the form.

Session Schedule

<table>
<thead>
<tr>
<th>Session Time</th>
<th>Available Hitting Sessions</th>
<th>Available Throwing Mechanics/Pitching Sessions</th>
<th>Available Pitching Sessions</th>
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</thead>
<tbody>
<tr>
<td>12:00 pm – 1:00 pm</td>
<td>Hitting Session #1 (grades 1-3)</td>
<td>Throwing Mechanics/Pitching Session #1 (grades 1-3)</td>
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<tr>
<td>1:00 pm – 2:00 pm</td>
<td>Hitting Session #2 (grades 1-3)</td>
<td>Throwing Mechanics/Pitching Session #2 (grades 1-3)</td>
<td>Pitching Session #1 (grades 4-5)</td>
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<tr>
<td>2:00 pm – 3:00 pm</td>
<td>Hitting Session #3 (grades 4-5)</td>
<td>Throwing Mechanics/Pitching Session #3 (grades 1-3)</td>
<td>Pitching Session #2 (grades 4-5)</td>
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<td>Hitting Session #4 (grades 6-8)</td>
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<tr>
<td>3:00 pm – 4:00 pm</td>
<td>Hitting Session #5 (grades 4-5)</td>
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<td>Pitching Session #3 (grades 4-5)</td>
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<td></td>
<td></td>
<td></td>
<td>Pitching Session #4 (grades 6-8)</td>
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About Misericordia University
Misericordia University is a broad-based liberal arts and pre-professional studies institution offering superior education to those of all faiths. The university has been co-educational since the 1970s and offers both undergraduate and graduate programs. Situated in a suburban setting just eight miles from downtown Wilkes-Barre, the university is home to more than 2,800 students, including full and part-time undergraduate and graduate students. All of the Cougars’ athletic teams participate in the Freedom Conference and the NCAA’s Division III.
REGISTRATION FORM

Mail completed form with payment to:
Baseball Office
Misericordia University
301 Lake St
Dallas, PA 18612

Player Information
Please complete a separate registration form for each player.

Last name: ___________________________  First name: ___________________________  Grade: ___________________________

Street address: ___________________________  City: ___________________________
State: ___________________________  Zip: ___________________________

Home or cell phone: (________) ______

Email address: ___________________________

Shirt size (circle one):  YS  YM  YL  YXL  AS  AM  AL

Emergency contact name: ___________________________

Emergency contact phone number: (________) ______

Pertinent allergies, medications, or medical conditions:
______________________________________________________________________________

First session attending (check one)  Second session attending (optional; check one)

___ Hitting #1  ___ Throwing/Pitching #1  ___ Pitching #1  ___ Hitting #1  ___ Throwing/Pitching #1  ___ Pitching #1

___ Hitting #2  ___ Throwing/Pitching #2  ___ Pitching #2  ___ Hitting #2  ___ Throwing/Pitching #2  ___ Pitching #2

___ Hitting #3  ___ Throwing/Pitching #3  ___ Pitching #3  ___ Hitting #3  ___ Throwing/Pitching #3  ___ Pitching #3

___ Hitting #4  ___ Pitching #4  ___ Hitting #4  ___ Pitching #4  ___ Hitting #4  ___ Pitching #4

___ Hitting #5

Waiver
The above-named player has my permission to participate in this program. In case of an emergency, I understand that every attempt will be made to contact the person(s) above. If contact is unsuccessful, I permit the tending physician to render medical treatment to the participant, including (if necessary) hospitalization. Any expense arising from injury or illness is the responsibility of the person signing below.

Signature: ___________________________  Date: ___________________________

Payment
A non-refundable full payment by cash, check payable to Misericordia University Baseball Winter Academy, or credit card (MasterCard, Visa, or Discover are accepted; see below) must accompany this application.

___ MasterCard  ___ Visa  ___ Discover  Name as it appears on card: ___________________________

Card number: ___________________________  Expiration Date: ___________________________

Questions?
For more information, please contact Head Coach Pete Egbert (570.674.6471) or Assistant Coach Andrew Bennett (570.674.1868 or abennett@misericordia.edu).