

“Spring Training Like the Pros”

Spring Training Baseball/Softball Camp



5-8 year olds

4:30PM - 6:00PM

6 hours of instruction & play

\$85/player

April 5 - 8, 2010

Open to boys & girls

9-12 year olds

6:00PM - 8:30PM

10 hours of instruction & play

\$135/player

Includes Practice Jersey & Major League Hat

Camp Highlights:

- Each camper will be drafted to a Major League Team Roster and managed by members of our Academy training staff.
- Each camper will receive a practice t-shirt and official Major League Baseball hat.
- Each camp day will include a structured stretching and warm-up period, batting and training cage workouts, full field practice sessions that include teaching all mechanics - base running, fielding, hitting and throwing, and actual Spring Training games played on our turf fields.
- Weather permitting - training and games will be played on our outdoor fields.

Special Note for softball players and girls who play youth baseball:

All youth baseball and softball players need to develop the same hitting, fielding, throwing and game-playing skills.

Our “Spring Training Like the Pros” camp is the perfect opportunity to work on these skills and get ready for your upcoming playing season.

To register online or for more information, go to www.adksc.com and click on baseball or softball programs. Registration forms can also be picked up at the Dome office.

Shirt sizes dependent upon availability.



326 Sherman Ave.
Queensbury, NY 12804
(518) 743-1086
www.adksc.com

Coaches Clinic
April 14th
5:30PM-8:00PM
more info. coming soon