

Northshore Sports Complex Pre-Season Training Program For Baseball Players League Ages 9 – 12

Our Pre-Season Training Program is intended to provide baseball players an opportunity to practice and improve their baseball skills during the off season. Participants are able to start their season with skills and confidence. The program includes:

✓ **3 Private Hitting Lessons with Chris**

Lessons will be ½ hour in length and will be scheduled at mutually convenient times in October, November and December.

✓ **Wiffleball Party**

Sunday, December 13, 2009 2:00pm - 3:00pm

✓ **Fielding Clinic with Chris**

Saturday, January 9, 2010 3:00pm - 4:00pm

✓ **Once a week practices with Chris**

Starting the week of January 4th and ending the week of February 26th. There are no practices during mid-winter break. The boys will be in groups of up to 12. You will be able to pick one of the following times:

Monday's 5:00pm – 6:00pm

Tuesday's 7:00 – 8:00pm

Friday's 6:00pm – 7:00pm

✓ **Pitching Clinic with Jeremiah Hicks**

Sunday, February 7, 2010 11:30am to 1:00pm

✓ **Two ½ hour cage rentals**

Make reservations to use anytime before August 31, 2010.

✓ **Northshore Sports Complex T-Shirt**

Cost: \$250.00 per player

To register, fill it out, and mail a copy of the registration form, with a check to:
Northshore Sports Complex, 19250 144th Ave NE, Woodinville, WA 98072

e-mail us at nsc9@verizon.net or call (425) 485-3238 if you have questions.

Northshore Sports Complex Pre-Season Training Program Registration Form

Name _____

League Age _____ Phone Number _____

Parent's Name _____

Email address _____

Please mail this registration form and a check for \$250.00 per player to:
Northshore Sports Complex, 19250 144th Ave NE, Woodinville, WA 98072

Please complete the medical release below for our records.

NORTHSHORE SPORTS COMPLEX, INC
19250 144TH Avenue Northeast
Woodinville, Washington 98072
(425) 485-3238

REGISTRATION AND MEDICAL AND LIABILITY RELEASE FORM

NAME _____ BIRTHDATE _____

ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

PARENT'S NAME _____ EMAIL ADDRESS _____

MEDICAL AUTHORIZATION AND RELEASE

My child has my approval to participate in batting cage usage, clinics, camps, parties, games, lessons or other events organized by Northshore Sports Complex, Inc. I understand that like all physical activities, participation in sports activities carries with it a reasonable degree of risk and agree that neither Northshore Sports Complex, Inc nor its officers, directors, operators, agents or instructors, may be held liable in any way for any occurrence in connection with my child's participation in sports activities which may result in serious injury or death or other damages to me or my family, heirs or assigns. In consideration of being allowed to participate in such sports activities, I further personally assume all risks in connection therewith, whether foreseen or unforeseen, and further to save and hold harmless such corporation, its officers, directors, operators agents or instructors from any claim by me, my family, estate, heirs or assigns arising out of such participation.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN NORTHSHORE SPORTS COMPLEX, INC AND ME, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

I as a parent or guardian of _____, give my permission for him or her to participate in sports activities, and in consideration of his or her participation, agree individually and on behalf of him or her to the terms of the above agreement and release of liability.

Northshore Sports Complex, Inc has my permission to secure emergence medical attention if I cannot be reached immediately.

SIGNED _____ DATE _____