

# WINTER BASEBALL TRAINING



## Open to Grades 11 and 12 Baseball Players

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Cost \$70 for baseball and strength training- payment info on attached sheet

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Seniors and Juniors Only

*\$70/player*

*\*charge is to cover dome time and pay instructors*

- Time has been booked at the WSP Dome every Sunday from 12:00 to 1:15 PM in February and March up until tryouts. The remaining practices will take place in the CDH Auxilary Gym and Fieldhouse beginning in January.
- Strength training for pitchers and position players will occur after school once per week in the CDH strength and conditioning room.

Please sign up ASAP so I can get a feel on numbers and potentially book more time at WSP Dome.

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*Please fill out information on second page below and attach the form with payment to...*

**Matt Johnson**  
**51 Milton Street South, Unit 2**  
**St. Paul MN 55105**

**651-274-8240**

**Email confirmation will be sent when registration is received. Please call with any questions! Thanks!**

## CDH Baseball Winter Workouts Registration and Waiver Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_

Grade : \_\_\_\_\_ Baseball Positions: \_\_\_\_\_

Student Email: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

### Permissions and Waivers

I give my permission for \_\_\_\_\_ to play in the Cretin-Derham Hall Clinic and he is healthy and under no physical restrictions. I/we know that participation in sports may result in serious injuries and protective equipment does not prevent all injuries to players and do hereby waive, release, absolve, indemnify, and agree to hold harmless Camp Instructors, Cretin-Derham Hall, supervisors, participants and persons transporting my/our child to and from activities for any claim arising out of injury/ies to my/our child whether the result of negligence or for any other cause.

Parent/Guardian

Signature \_\_\_\_\_

Date \_\_\_\_\_