

# Windham High School Baseball Preseason Baseball & Softball Clinics

February 16-20<sup>th</sup> – Windham High School Gymnasiums

**Boys & Girls Ages 7-9 from 5:00 to 6:30 pm\***

**Boys & Girls Ages 10-12 from 6:30 to 8:00 pm\***

Parents are welcome and encouraged to attend.

**\*We reserve the right to regroup sessions based on overall registrations**

Day	Defensive Skills	Offensive Skills
Mon	Fielding Ground balls; Throwing across the diamond	Hitting Introduction
Tue	Fielding Fly balls; Throwing with crow hop	Hitting the Inside pitch
Wed	Pitching Fundamentals; Fielding as a Pitcher	Hitting the Outside pitch
Thu	Infield Situations: Dbl Play, 1 <sup>st</sup> & 3 <sup>rd</sup> , bases loaded, bunts	Hitting with a Count
Fri	Outfield Situations: Calling fly ball, cut-offs, throw to plate	Bunting & hitting games

**\$15 per Camper per Day or \$60 for the Entire Week**

**Campers should bring a glove and sneakers – No cleats or bats  
(WHS has a two shoe policy to protect the Gym surfaces)**

**Camp Director: Mike Fullerton, Windham High School Varsity Baseball and  
American Legion Coach**

### **Camp Mission Statement**

The Windham Baseball Program will be holding this camp with three things in mind. First and foremost is to instruct and help develop skills within the five fundamentals of baseball (Throwing, Hitting, Fielding, Base Running and Core Strength). The second focus of the camp will be to help prepare athletes for the upcoming Little League skills assessments and season. The camp will provide players and parents with drills and instructional techniques to improve skill level and preparation for practices. Lastly, this camp will be a chance for the coaching staff to get to know the future parents and potential stars of the Eagles Baseball and Softball Programs. Creating relationships with parents and players is very important in keeping kids on the diamond.

### **Meet the Coach**

This will be coach Fullerton's third season coaching the Eagles Varsity Team as well as running the American Legion Baseball Program. Coach Fullerton was a four year starter for the University of Maine Farmington from 99-02 seasons. He was also the head coach of the State Champion, Windham Senior Babe Ruth team for the 2006 season. Along with teaching Middle school Health at Gray/New Gloucester Middle School, Coach Fullerton has coached eight seasons of High School Baseball as well as three seasons with the Twilight Baseball League team Aero Heating. Along with his team coaching experience Coach Fullerton has been an instructor at Frozen Ropes Training Center (5 years), and holds full first aid and CPR certifications from the American Heart Association.

**(Registration form on back)**

**Windham High School Baseball**  
**Preseason Baseball/Softball Clinic Registration Form**

Camper's Name: First \_\_\_\_\_ Last \_\_\_\_\_

Grade: \_\_\_\_\_ Gender: M / F Age: \_\_\_\_\_ DOB: \_\_\_\_\_

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

Email Address: \_\_\_\_\_ @ \_\_\_\_\_

Check days attending camp: Mon\_\_\_ Tue\_\_\_ Wed\_\_\_ Thu\_\_\_ Fri\_\_\_

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

Phone: (H) \_\_\_\_\_ (W/C) \_\_\_\_\_

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

Phone: (H) \_\_\_\_\_ (W/C) \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W/C) \_\_\_\_\_

**Please list any physical or behavioral limitations/restrictions, allergies, medications being taken, and their side effects.**

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The undersigned hereby releases and holds harmless Windham High School and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation from this program/event sponsored by Windham High School.

The undersigned further authorizes anyone working for the Windham Athletic Department to call for medical care for my child if, in the opinion of the program supervisor working for Windham High School, medical attention is needed.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail your check payable to Windham High School Baseball and this registration form to:**

**Coach Fullerton**  
**Windham High School Athletic Dept.**  
**406 Gray Rd.**  
**Windham, Me. 04062**