

BLACK & GOLD
BASEBALL ACADEMY
204 7th Street West
Box 1
Northfield, MN 55057

BLACK & GOLD BASEBALL ACADEMY

2011 Pre-Season Baseball Camp

Sundays, January 23 through March 6
Ages 6–18



At St. Olaf College



Dear Baseball Camper:

Our goal is to prepare you both physically and mentally for the upcoming baseball season.

Camp sessions will combine one-on-one instruction with skill repetition in all aspects of the game. This intensive training, along with our state-of-the-art facilities that are among the best in the upper Midwest, will improve your game and give you a jump start on 2011.

We look forward to seeing you at the Black & Gold Baseball Academy's Pre-Season Camp!

Sincerely,

Matt McDonald

Head Baseball Coach, St. Olaf College

Matt Karnas

*Pitching Coach, St. Olaf College
(Camp Coordinator)*

Chris Schwartz

Assistant Coach, St. Olaf College

“Excellence on and off the Field”

2000, 2001, 2002, 2007 MIAC Champs
2003, 2006, 2009 MIAC Tournament Champs

Camp Schedule

When:

Sundays, January 23 through March 6
(7 sessions)

Location:

St. Olaf College
Tostrude Center and Skogland Athletic Center
1500 St. Olaf Avenue, Northfield, MN

Time:

Youth (age 6–12)
9:00 to 10:30 a.m.

High School (age 13–18)

10:00 to 11:30 a.m.

Cost

\$160 per camper
Each session is limited to 60 players

Equipment Needed

Players should bring their own bat, hat, glove and batting gloves (if desired). Players are encouraged to bring their own bat. Catchers are encouraged to bring their own gear. We recommend you clearly label all gear before attending camp.



Youth Group

The Youth camp is available to players age 6 to 12. Individual instruction in the areas of hitting, throwing, catching, fielding and base running will be emphasized along with basic to intermediate offensive and defensive baseball strategy.

High School Group

The High School camp is available to players age 13 to 18. This camp will consist of individual instruction in all aspects of the game of baseball and will be geared toward the player getting as many repetitions in both offensive and defensive skill stations as possible.

Goal of the Camp

Our goal is to prepare you both physically and mentally for the upcoming baseball season. Whether you are a beginner in need of more individualized instruction, or a seasoned player looking to get an early season edge, our coaching and drills will provide the opportunity to enhance and refine your skills.

About the Facilities

St. Olaf College is fortunate to have access to two quality fieldhouses. Skogland Fieldhouse will be used for individual skills stations. Built in 1967, it features two batting cages and hitting nets. Tostrude Fieldhouse, built in 2002, is a spacious, 67,000 square foot facility with two 90 foot batting cages, two full infields, and extra room for outfield relay drills and long toss. It is one of the largest indoor baseball practice facilities in the upper Midwest.

For additional information please contact:

Matt Karnas
612.229.6344
karnas@stolaf.edu

Please send registration to:
Black & Gold Baseball Academy
204 7th Street West, Box 1
Northfield, MN 55057



Please make check payable to **Black & Gold Baseball Academy** (fee is \$160 per camper).

Camper Name: _____ Age: _____ Grade in School: _____
Address: _____ City, State, Zip: _____
Phone: _____ Parent/Guardian Name(s): _____
Email: _____ (A confirmation email will be sent upon receiving registration form)

Parents/Guardians Release & Indemnity Agreement

To the Black & Gold Baseball Academy: I/We hereby request that you accept the application for the enrollment of the camper listed above in the Black & Gold Baseball Academy during the dates set forth in this application and in consideration of your acceptance of this application. I/We hereby release St. Olaf, the Black & Gold Baseball Academy and all its employees from all claims on account of any injuries which may be sustained by my/our child while attending the camp; and I/We agree to indemnify St. Olaf, the Black & Gold Baseball Academy and all its employees for each claim which may hereafter be presented by my/our child as a result of such injuries. I/We also certify that my/our child is medically fit to participate in the camp and grant permission for medical attention if needed during Camp activities.

Parent/Guardian Signature: _____ Insurance Company/Policy Number: _____