



# All-Star Performance Baseball Camp

## A Comprehensive, Five-Tool Performance Camp

### In conjunction with Chesterfield & Kirkwood Athletic Associations.

There are five tools to maximum baseball performance: hitting, throwing, fielding, pitching and running - and the 5-day All-Star Performance Baseball Camp is uniquely positioned to provide athletes of all ages and abilities with a foundation of each.

<b>Dates:</b> Chesterfield Camp: <input type="checkbox"/> June 1-5	Kirkwood Camp: <input type="checkbox"/> June 8-12	<input type="checkbox"/> July 20-24
<b>Ages:</b> 7-15 (boys and girls)	<b>Times:</b> 9:00am – 1:00pm	<b>Cost:</b> \$149.00/athlete

### The Only Camp That Combines Baseball Skill Training with High-Performance Speed Training!

#### Baseball Training Agenda (Monday, Wednesday, Friday):

- Throwing, catching, base running and hitting stations
- At least one live and/or skill game per day
- Specialty position practice (pitching, catching, infield, outfield)
- Participation in daily batting practice involving tee work, soft toss and live pitching (pitching coach)

#### High-Performance, Baseball-Specific Speed Training (Tuesday, Thursday):

- Speed mechanics, posture and footwork
- Arm action, cycling and foot strike
- Lateral quickness and first-step explosion
- Gap-closing speed drills and base-stealing fundamentals

#### Camp Directors:

All-StarPerformance, owned and operated by former Professional Ball Players, Dave Pregon and Matt Whiteside, who have over 23 years of professional experience between them, will host 2 weeks of Baseball camp, one at Chesterfield Athletic Association, and one at Kirkwood Athletic Association.

#### All-StarPerformance Camp Coordinator:

Dave Oster is a former All American player and has over 27 years of College Coaching Experience. During those years Coach Oster accumulated over 1,000 wins, and has been inducted into 2 Hall of Fames ( JC. Hall of Fame, and St. Louis Baseball Hall of Fame). During Coach Osters coaching career he helped develop over 60 players who signed professional contracts of which 16 have gone on to the Major Leagues. Dave is also a 16 year veteran scout for several Major League organizations.

#### All-Star Performance Lead Instructors:

**Tony Underwood:** 18 years of College Coaching Exp. and a Scout for the Tampa Bay Devil Rays

**Joe Thurman:** 10 years of Professional Playing Experience and is currently a Major League Scout

**Dennis Kurtz:** 10 years of College Coaching Exp.

**Coach Hammer:** Founder/owner of HammerBodies Custom Fitness & HSP, specializing in building better athletes through proprietary sports enhancement training.

**Other:** Other college/professional baseball instructors and university-degreed/certified training specialists from HammerBodies HSP will be added to the instruction team.

#### 3 Easy Ways To Register:

- Register and Pay Online: [www.all-starperformance.net](http://www.all-starperformance.net)
- Mail Registration: All-Star Performance, 3390 Tree Court Industrial, St Louis, Mo. 63122
- Phone Registration: 636 225 6868

#### About All-Star Performance

Located in Kirkwood, All-Star Performance is currently the newest indoor training facility in the St. Louis area. All-Star Performance offers private and group lessons, camps, clinics, college advising and local travel/select teams called the Gamers. Our intention is for all of our athletes to become fundamentally sound while learning to compete in an intelligent fashion.

## Official Application Form

This form should be completed by a parent or guardian for every child attending the All-Star Performance Baseball Camps. To avoid confusion: **ONLY ONE CHILD PER FORM**. Please photocopy this page if you need additional forms.

### T-Shirt Size (circle one):

Youth size: XS, SM, M, LG, XL

Adult size: S, M, L, XL, XXL

**Three Easy Ways To Register:** Please include proper payment (make check payable to All-Star Performance or Pay by Credit Card: CC#; Visa or Mastercard only)

**1) Register and Pay Online:** [www.all-starperformance.net](http://www.all-starperformance.net)

**2) Mail Registration:** All-Star Performance, 3390 Tree Court Industrial, St Louis, MO 63122; Pay by Check (make check payable to All-Star Performance);

**3) Phone Registration:** 636.225.6868

*Full Payment Required, Refunds available up to 3 days prior to the camp you have registered for. Thank You!  
Please add my name to the 2007 All-Star Performance Baseball Camp Training Camp Roster:*

Child's Name: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Child's Age: \_\_\_\_\_

School: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

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

Parent E-mail: \_\_\_\_\_

Attendee E-mail: \_\_\_\_\_

Credit Card Type (if applicable): \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

I hereby request that my son, daughter or ward be permitted to attend the **All-Star Performance Baseball Camp**. I authorize the staff to act for me according to their best judgment in emergency. I will hold harmless and release the staff, the camp, All-Star Performance and HammerBodies Custom Fitness & HSP from any and all liabilities or responsibilities related to injuries or the death of my son, daughter or ward. I understand that my insurance coverage is primary and any coverage provided by the camp will be specifically on an excess basis only:

Primary Insurance Carrier: \_\_\_\_\_

Insurance Policy Number: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Applicant Signature (if 18 or over): \_\_\_\_\_

Date: \_\_\_\_\_

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### What to bring to Camp:

- Campers should bring a sack lunch (lunch break is 11:30 am to Noon)
- Campers should wear comfortable clothing (tank top, shorts, t- shirt, baseball pants)
- Campers should bring their own baseball glove (mandatory)
- Campers should bring their own bat
- Campers should mark their equipment. All-Star Performance is not responsible for lost equipment or personal belongings
- Cleats or outdoor shoes
- Sunscreen
- Baseball hat