

To register, complete application below,
and mail with payment to: *In the Zone*,
6870 Chrisphalt Drive, Bath, PA 18014

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Pitching Lessons: Dates and Times:

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Hitting: *please circle dates desired*

Oct 13, 20, 27; Nov 3, 10, 17; Dec 1 and 8

Consent and Waiver:

I certify that my child _____
has had a physical examination by a licensed
physician within the last year and is in sound
physical condition for participation at In the
Zone.

I authorize the staff of In the Zone to act
for me to use their best judgment in situations
requiring first aid or medical attention.

I understand participation in athletics has
certain inherent risks and assume responsibility for
those risks. I waive and release In the Zone and
those directing the program from any and all
liability for any injury my child might incur while
participating.

Signature of Parent/Guardian

Date

Batting Cage Etiquette:

- If people are waiting in line use only 2 tokens at a time then allow others to take their turn
- Kick or toss balls back after each round (Don't throw or hit).
 - Wait your turn

Our Cages:

There are 5 batting stalls at *In the Zone* which feature 10 separate pitching machines. Each stall can deliver either baseballs or softballs.

The baseball machines are set at 30, 40, 50, 60 and 70 mph with Cage 1 at 30 mph and increase in speed moving to the right.

There are 2 slow pitch softball machines throwing a 6-10 ft arc and 3 fast pitch machines. The fast pitch machines start in cage 3 and are set at 35, 45 and 55 mph.



Our batting cages use "soft" dimpled balls that will not damage expensive aluminum bats.

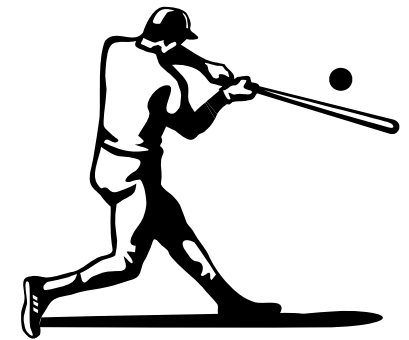
Fall 2011
BASEBALL

*Hitting and Pitching
Lessons*

In the Zone

Athletics

Est. 2004



Conducted at:

In the Zone

6870 Chrisphalt Drive

Bath, PA 18014

610-837-8605

www.inthezonesports.biz

The primary focus of each workshop is to teach and practice proper fundamentals. At In the Zone, we feel that mastery of the fundamentals is essential for high-level performance at every level and should be emphasized at every workout. Athletes, no matter what level they climb to, never out-grow the fundamentals.

The workshops will feature personalized instruction and drills that will stress proper technique while building muscle memory.

Each workshop is designed as a stand-alone instruction and practice session. Players can attend any one of the sessions, all the sessions or any combination.

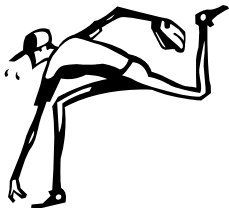
Pitching Lessons*

Each pitching session is 30 minutes in length and will be limited to just 2 players per session. They will be held on the following dates and times:

Thursdays 5:30-6:00 or 7:00-7:30

Oct 13, 20, 27; Nov 3, 10, 17; Dec 1 and 8

*** PLEASE NOTE:** In order for instructors to focus attention on the players and their pitching skills, **pitchers need to bring their own catcher.**



COST: Pitching Lessons

The cost for the pitching lessons is \$30/session. If you pre-register and pay for 4 or more sessions, the cost is only \$25/session.

Hitting Lessons

Each hitting session is 50 minutes in length and is limited to 9 players per session. They will be held on the following dates and times:

Thursdays, 6:05-6:55

Oct 13, 20, 27; Nov 3, 10, 17; Dec 1 and 8



Please note: Hitting lessons do not normally include any rounds in the batting cages.

COST: Hitting Workshops

The cost for the hitting workshops is \$20.00/session. If you pre-register and pay for 4 or more sessions, the cost is only \$16/session.



REGISTRATION: You must pre-register and pay to reserve your spot. Walk-ins will be accepted only if space permits.

Cancellation Policy: Cancellations must be made 48 hours in advance in order to avoid a 50% cancellation fee. Make-ups will be:

Pitching: Thu, Dec 15, 5:30

Hitting: Thu, Dec 15, 6:05

The primary instructor might not be available for the make-up sessions and there might be more kids in the session than outlined earlier in this brochure.

Private One-on-One Lessons available:

\$30 for 30 minutes or

\$55 for 1 hour.

Contact Steve to schedule



PRIMARY INSTRUCTOR:

Rich Freiler

Coach Freiler has been coaching baseball for over 30 years at virtually every level from T-Ball to senior legion and High School. Rich currently coaches for Palmer Legion.

Champions are made in the off season!!