

## Parents/Guardians Release & Indemnity Agreement

To St. Olaf and the Black and Gold Baseball Camp: I/We hereby request that you accept the application for the enrollment of \_\_\_\_\_ in

the Black and Gold Baseball Camp during the dates set forth in this application and in consideration of your acceptance of this application. I/We hereby release St. Olaf, Black and Gold Camp Staff 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, Black and Gold Camp Staff 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 Signature \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Policy number \_\_\_\_\_

<http://www.stolaf.edu/athletics/baseball/camp/>

Make check payable and send to:

**Black and Gold Baseball Camp**  
204 7<sup>th</sup> St. W.  
Box 1  
Northfield, MN 55057

## Location

### St. Olaf College Tostrud Center

In September of 2002, St. Olaf dedicated the Tostrud Center. The Center features a fitness room, two weight rooms, a climbing wall, and a 67,200 square foot fieldhouse. The fieldhouse provides St. Olaf baseball with a state-of-the-art practice facility. Our camp will utilize two 90-foot batting cages, numerous toss hitting nets, and in-ground anchors for bases. Six indoor pitching mounds will be used for the pitching, catching, and defensive skills camp.

### Registration

The enrollment will be limited to 100 people in each camp. Players will be accepted on a first-come-first-served basis. The camp will be divided into groups by age.

**Registration is \$125 per player, or \$75 for one day.**

### What to Bring

Players should bring their own glove, hat, tennis shoes, bat and batting gloves if needed. Catchers should bring their own equipment. All other equipment will be provided. A drink will be served at the end of each session.

### Camp Goal

The Black and Gold Camps are designed to teach the fundamentals of baseball. Our goal is to provide all campers with individualized attention to help them become better players. Instruction, not competition, will be emphasized.

## *Black and Gold Baseball Midwinter Camp*

*Grades K-12*

*Dec. 27 and 28*

**Grades K-6 8:30am to 12:30pm**

**Grades 7-12 1:00pm to 5:00pm**

*6:1 Player-to-coach ratio*

<http://www.stolaf.edu/athletics/baseball/camp/>

Dear Baseball Camper:

The St. Olaf Baseball Program would like you to be a part of our Eighteenth Annual Winter Baseball Camps.

Our goal is to provide you with two days of one on one instruction to help you become a better fundamental baseball player. You will receive individualized instruction from St. Olaf Baseball coaches, players and professional alumni. Our facilities allow all campers to complete hundreds of quality repetitions in two days.

I look forward to seeing you at the Black and Gold Baseball Winter Camp in 2011!

Sincerely,

Matt McDonald  
Head Baseball Coach

*"Excellence on and off the Field"*

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

## Camp Staff

### Matt McDonald

- Named Head Baseball Coach at St. Olaf in 1994
- 449-225 in Seventeen Seasons as Head Coach of the Oles
- Team Captain of 1989 MIAC Champion St. Olaf Baseball team
- 1998, 2000, 2007 MIAC Coach of the Year
- Eight Former Players have Signed Professional Contracts

### Matt Karnas

- 2003 St. Olaf Baseball Captain
- St. Olaf Pitching Coach and Recruiting Coordinator
- Former Richfield Legion Head Coach

### Mark Downey

- St. Olaf College Assistant Baseball Coach
- Former Mounds View High School Head Baseball Coach

### Ben Hughes

- 2011 Colorado Rockies Draft Pick
- 2011 Pitcher of the year in the MIAC

### Pete Loizzo

- Assistant Baseball Coach at St. Olaf
- Member of the 2009 MIAC Championship team

## Current St. Olaf Baseball Players

## Hitting Emphasis

- Technique
- Swing Analysis
- Video
- Hitting Stations
- Mental Approach
- Sacrifice Bunting
- Situational Hitting
- Bunting for a Base Hit

## Pitching, Catching & Defense Emphasis

### Pitchers

- Pitching Mechanics
- Proper Warm Up
- Video and Review
- Mental Approach
- Fielding the Position
- Throwing Drills

### Catchers

- Mental Approach
- Receiving
- Working with Pitchers
- Blocking Mechanics
- Pick-offs
- Fielding the Position

### Position Players

- Throwing Fundamentals
- Cuts & Relays
- Ground Ball Fundamentals
- Defensive Situations
- Mental Approach
- Fly Ball Mechanics
- Team Defense

### For more information contact

**Matt McDonald**  
mcdonamc@stolaf.edu  
(507) 786-3638

<http://www.stolaf.edu/athletics/baseball/camp/>

## Registration Form December 27-28, 2011

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

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

Parent/Guardian \_\_\_\_\_

Home Phone \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_

### Grades K- 6 8:30am-12:30pm

- Both Days = \$125
- One Day = \$75 (Please Circle Dec. 27<sup>th</sup> or Dec. 28<sup>th</sup>)

Total enclosed: \_\_\_\_\_

### Grades 7-12 1:00pm-5:00pm

- Both Days = \$125
- One Day = \$75 (Please Circle Dec. 27<sup>th</sup> or Dec. 28<sup>th</sup>)

Total enclosed: \_\_\_\_\_

**Drinks will be provided.**

\*Please complete reverse side.