



2010
BASEBALL CAMP
with the NORFOLK TIDES



July 17 & 18, 2010, 11:00 a.m. - 1:00 p.m.
Harbor Park
Ages 8-15, \$75.00 Camp Fee

Here's What You'll Get:

- Quality instruction in the fundamentals of baseball from Tides coaches and from Tides players. Individual attention will be devoted to developing the baseball skills of each camper.
- A camp t-shirt, baseball, hat and admission for 3 (child & parents) to the Tides vs. Columbus Clippers game on Sunday, July 18 at 6:15 p.m.
- Lunch will be provided following camp on Sunday, July 18. Lunch is provided for each camper and their parents. Extra guests are not permitted due to space limitations.
- The rain dates for the camp will be August 14 & 15!

Each camper is required to bring their own hat, glove, water jug, workout clothing, and provide name of company providing personal health insurance coverage.



Enclosed Fee - \$75.00 made payable to the **Norfolk Tides**

Send to: In Motion Baseball Camp, Norfolk Tides, 150 Park Avenue, Norfolk, VA 23510

NAME: _____ AGE: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

HEALTH INSURANCE COMPANY: _____

POLICY NO. _____

<p>Circle One Adult M Youth L</p>
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I hereby authorize the staff of Norfolk Tides Baseball Club to act for me in any emergency, and I hereby waive and release the Norfolk Tides Baseball Club from any and all liability or illness sustained during the camp.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

HURRY - Space is limited! It is highly recommended that you register early! Once space has been filled, registrations will be returned along with your registration fee.