



# BIG STEVE'S BASEBALL BOOT CAMP

**8 CONSECUTIVE WEEKS FOR ONE HOUR EACH WEEK**

**WHEN: January 23 - March 13 Monday or Friday AGES: 12 and older**

**COST: \$150 Members and \$185 Non Members**

Big Steve's 'Boot Camp' is designed to physically prepare players for the upcoming season. Specially designed exercises will focus on arm and shoulder strength along with leg and core muscle work.

Players may pick their top 2 time choices and then based on the number of people participating, the times will be narrowed down. If the player survives boot camp, they will receive a special T-shirt. In order to survive, you must show up to at least 7 of 8 weeks.

This is a great time to start looking forward to the upcoming baseball season and getting in the shape it takes to be successful on the baseball field.

**Players are required to bring 2 tennis ball cans filled with sand or dirt and securely taped around the top.**

Please detach and return with payment to: South Shore Baseball Club, 190 Old Derby St., Suite 101, Hingham, MA 02043

## 2012 BOOT CAMP REGISTRATION FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Circle the day and check the times (2 choices) below

Monday  6 - 7 PM  7 - 8 PM  8 - 9 PM

or

Friday  5 - 6 PM  6 - 7 PM  7 - 8 PM  8 - 9 PM

Please check method of payment: Members \$150.00 Non Members \$185.00

Cash  Check  MC  VISA  # \_\_\_\_\_ EXP. \_\_\_\_\_

Signature \_\_\_\_\_

OFFICE USE: DATE \_\_\_\_\_ AMT \$ \_\_\_\_\_ CASH  CK # \_\_\_\_\_ AP # \_\_\_\_\_



[www.SSBC.com](http://www.SSBC.com)

Administrative Offices: 190 Old Derby St., Suite 101 • Hingham, MA 02043 • 781-740-4382  
Facility: 55 Recreation Park Drive • Hingham, MA 02043 • 781-749-6466 • 1-800-GO-4-HITS

SSBC - "Where the Dream Begins..."

