



Schnuppertag Baseball

Dear Parents,

First off thank you for registering for our Schnuppertag at the Baldham Boars Baseball Club. Looking forward towards the camp here is some info we'd like to share:

Camp details:

- Friday 9:30 – 14:30
- Location:
Ballpark Baldham Boars
Hermann-Haage-Weg 1
85604 Zorneding

What your athlete needs to bring:

- Wear sports/training clothing and bring swimming trunks and towel (Badesachen)
- Water and/or sports drink, Brotzeit
- Any health devices or medication potentially needed, sun protection (cream, hat)
- Falls vorhanden Baseball gear: Glove, Bat, Helmet, Training shoes (Fußballschuhe ok)
(extra Equipment ist da)

What we need prior to participation:

- Provide us with an Emergency Contact and any injury or medical information
- Inform us, if your kid should not show on photos/videos taken during the Camp.

What we are going to offer you:

Athlete Development

Every day we will start with new sets of body activation and warm up. Proper warm up is crucial to athlete development and performance. We will also provide mobility and rehabilitation exercises at the end of each day.

Healthy Movement

After a good warm up it is imperative that an athlete is moving efficiently. Through focus in technique, we will teach players to move efficiently, effectively and balanced.

Baseball skills

Hitting, Pitching and Fielding. We will cover everything from individual instruction to full team defense. Each day is scheduled for its own focus

Coaching

We offer high level coaching that focuses specifically on the long term development and health of players. For this day we are happy to announce that one of the Baldham Boars Bundesliga players Daniel Lasetzky will support us.



My experience ranges from youth baseball to U.S collegiate coaching to even WBSC Europe Senior baseball. We like to bring energy, enthusiasm and work ethic at every opportunity.

I am dedicated to provide quality services for whatever age an athlete may be.

Hitzeschutzkonzept (heat protection)

Aufgrund der anhaltend hohen Temperaturen bieten wir folgende Maßnahmen an, um eine Überhitzung zu vermeiden:

- Wetterbeobachtung (Temperatur, UV-Index, Hitzewarnung)
- Vermehrte Trink- und Erholungspausen im Schatten
- Anpassung der Trainingsintensität
- Abkühlen auf der Wasserrutsche
- Kostenloses Wasser, leichte Snacks
- Kühlakkus, Ventilatoren im Clubhaus
- Gesundheitliche Beobachtung

Wir freuen uns auf den Tag mit ihren Kindern an unserem idyllischen Ballpark!

Jackson Longhofer
Head Coach

Katharina McGuire-Currivan
Vorstand Baldham Boars