FINAL DETAILS FOR YOUNGSTOWN STATE UNIVERSITY

Players and Parents:

Below you will find all information needed regarding this year's U.S. Baseball Academy program. If you have additional questions, you can contact us via email at info@usbaseballacademy.com, or call us at 866-622-4487 option 1. We're available Monday through Friday, 9 am – 4 pm EST (6 am – 1 pm PST) by phone. On camp dates only, we have limited staff available by phone, 10 am – 3 pm EST (7 am – Noon PST) on Saturdays and Sundays.

I hope you're looking forward to camp with as much enthusiasm as we are. Call us or e-mail info@usbaseballacademy.com if you have any questions.

Thank you

U.S. Baseball Academy

CAMP DATES

Day 1: Sunday, December 5
Day 2: Sunday, December 12
Day 3: Sunday, January 23
Day 4: Sunday, February 6

SESSION TIMES

*Session code located in confirmation email.

SESSION CODE	SESSION	TIME
USBDYSU-57H1	Youngstown State U: Hitting Session (AGES 5-7)	9 am
USBDYSU-810H2	Youngstown State U: Hitting Session (AGES 8-10)	9 am
USBDYSU-810H3	Youngstown State U: Hitting Session (AGES 8-10)	12 pm
USBDYSU-1114H4	Youngstown State U: Hitting Session (AGES 11-14)	12 pm
USBDYSU-15-18H5	Youngstown State U: Hitting Session (AGES 15-18)	12 pm
USBDYSU-57P3	Youngstown State U: Throwing Mechanics/Intro to Pitching Session (AGES 5-7)	12 pm
USBDYSU-810P4	Youngstown State U: Pitching Session (AGES 8-10)	12 pm
USBDYSU-810P1	Youngstown State U: Pitching Session (AGES 8-10)	9 am
USBDYSU-1114P2	Youngstown State U: Pitching Session (AGES 11-14)	9 am
USBDYSU-57F1	Youngstown State U: Fielding Session (AGES 5-7)	10:30 am
USBDYSU-810F2	Youngstown State U: Fielding Session (AGES 8-10)	10:30 am
USBDYSU-1114F3	Youngstown State U: Fielding Session (AGES 11-14)	10:30 am

USBDYSU-1518F4	Youngstown State U: Fielding Session (AGES 15-18)	10:30 am
USBDYSU-810C3	Youngstown State U: Catchers Session (AGES 8-10)	12 pm
USBDYSU-1518C2	Youngstown State U: Catchers Session (AGES 15-18)	9 am
USBDYSU-1114C1	Youngstown State U: Catchers Session (AGES 11-14)	9 am

SCHEDULE

Sessions will be 85 minutes. Each session will begin promptly, so please arrive a few minutes before your sessions begin. Players may stretch in an out-of-the-way place while the previous session ends, but must stay clear of interfering with other sessions.

EQUIPMENT

What to wear: Players should wear something comfortable for working out. Please wear gym shoes each week. No cleats are permitted.

<u>Hitting</u>: Every player in the hitting camp must bring a bat and a helmet. Because some players may be taking more swings in a shorter period of time than they are accustomed to, it would be wise to wear batting gloves if you have them.

Pitching: Participants in the pitching camp should bring a glove. It is not necessary to bring a baseball.

<u>Catchers</u>: Participants in the catcher's session should bring their own gear: shin guards, chest protector, mask, and a protective cup. If you do not own your own catcher's gear, you should be able to borrow it from your coach or league.

<u>Fielding/Baserunning</u>: Participants in the fielding/baserunning should bring their own glove

WEATHER

Because we have reserved the facilities for the specific days of the camp, and scheduling additional days will be difficult, we will avoid postponing sessions due to weather at all costs.

If we cannot host camp on one of the scheduled dates, we will always post the notification to our website.

We will always send an email with additional information. When possible, we will send a text or robo-call notification. While we ask coaches for advance notice, in some instances, postponements may be posted inside of one hour prior to camp. If you are traveling long distance, please keep this in mind.

Please note: If there is no information listed on our website, then we have not yet received information from the Site Director regarding any changes. Please make sure that you check the website and email before coming to camp if the weather is questionable.

**All weather notifications will be posted HERE **

Any sessions postponed due to weather will be made up. If weather turns bad during the day, parents or emergency contacts should be available to pick players up if necessary.

MAKEUPS

If you miss a session because of illness, vacation, or a schedule conflict, there can be no make-ups. Additionally, there are no partial refunds for missed days. We pride ourselves on maintaining the player-coach ratio and limiting enrollment in each session. If we allowed extra players in a hitting session because they missed the week before, it would be unfair to others and would compromise the instruction for everyone.

SAFETY

It is important that players not swing the bat unless they are at a station being instructed by a coach. If a player would step out of a station and swing the bat, or if players walking onto the floor to start the day swing their bats, there is a good chance someone could get hit. DO NOT SWING BATS unless you are in a station being instructed, and it is your turn to hit.

SPECTATORS

Parents are welcome to watch from the sidelines during the hitting, fielding, and catching program. unless otherwise directed by the on-site staff. The site director will designate a viewing area that will allow you to observe the camp and take notes. We ask that the parents respect this space to allow the coaches to give their full attention to the player. Please wait until the end of the session if you have any questions about a particular drill.

MULTIPLE AGE-GROUPS

This camp is for Ages 5-18 and all age groups will be in the gym or on the field at the same time. Each skill session is divided into groups based on age. We will do our best to ensure groupings are age appropriate but please understand the age of the players in the group will not affect the player's learning curve. If you see your player grouped incorrectly, please address it with the site director so we can correct.

SMALL GROUP TRAINING

This is not a one-on-one instructional camp. When the players rotate through the drills, the coach will be working with each player one-on-one but not in the sense that he will have time to correct major flaws in the player. The drills are designed, if done properly, to naturally correct flaws. The coach will be able to give quick tips, but with a small group, each player is entitled to equal time in the station.

PLAYER ASSISTANTS/HELPERS

Many stations will include a "player-assistant" in addition to the station coach. While the player-assistant is not technically coaching and is not factored into our coaching ratio, he is there to increase the repetitions while players wait to get to the lead coach at that station. Each participant works with the adult coach at that station for instruction, and the player-assistant for repetition and reinforcement. Not all camps will have player assistants.

PROGRESSIVE PROGRAM

U.S. Baseball Academy is a progressive program that works through each of the building blocks for successful hitting, pitching, fielding, and catching. For hitters, that includes grip, athletic stance, stride, balance, proper alignment, weight transfer, path of swing, power position, contact points, extension, pitch recognition, mental aspects, and many others. For pitchers, it includes various grips, stance, arm slot, arm action, balance point, hand and wrist position, release point, proper alignment, power position, follow-through, mental aspects, and more. For catchers, players work through stance, receiving, framing, blocking, throwing, fielding drills, the mental side of catching and dealing with pitchers and umpires. For fielders, it includes approach, stance, footwork, throwing, backhand, forehand, slow-rollers, feeds and pivots, cutoffs, tag plays, rundowns and more.

This is a teaching camp. If you are expecting to see your player take 200 swings a day in a cage against a pitcher, you will not find it here. You can get that by putting tokens in a machine at an arcade, but what will the player learn? Rather than

improve, he will simply be driving bad habits deeper and deeper into his muscle memory. Pitchers who haven't thrown a ball in months would tear up their arm throwing full speed off a mound in January or February. Drills will break down mechanics and build muscle memory, so players understand how to pitch and have success when they get on the field. The goal is not to get hitters out in the middle of winter.

As is the case at colleges and even Major League spring training, many of the drills will use hitting Tees, soft toss, and similar techniques. Young kids may think they are boring. You may think they are repetitive. They are not. At each station, the coaches are working on a specific "building block." Feel free to ask the coaches to explain the specific purpose of any drill you don't understand.

So, if your player tells you he hit off Tees all day, or he hit soft-toss, it's important to understand what is happening at each station. Tony Gwynn, one of the greatest hitters of all time, hit off a Tee for 30 minutes a day throughout his Major League career. He was known to say, "If you can't do it off a Tee, you sure can't do it off a pitcher." That always reminds me of one of the most memorable calls to come into our office in 20 years. A parent considering signing up her son for the camp asked if the kids hit off Tees in the program. She was told that yes, some of the drills involve hitting off Tees and soft-toss. "Tees are for T-ballers," she responded loudly. "My son is a fourth-grader. I'll take him to a batting cage."

Good thing she wasn't Tony Gwynn's mom.

SITE INFORMATION

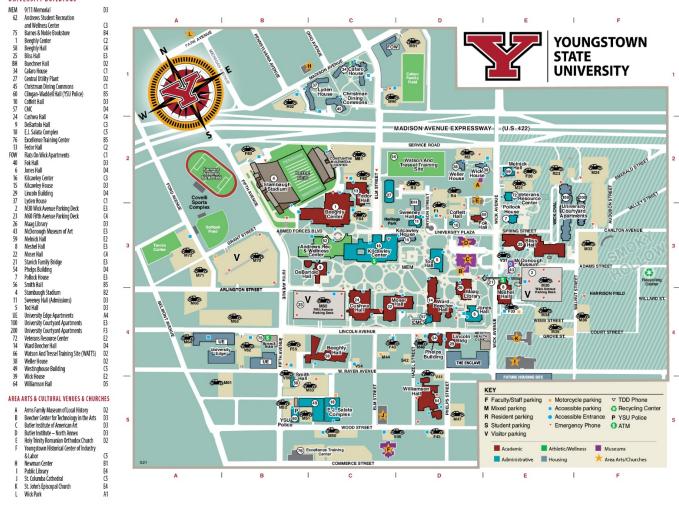
Youngstown State University Held in Beeghly Gym 224 W Spring St Youngstown, Ohio 44555

NOTES FROM SITE DIRECTOR

Parents are advised to park in lot <u>M81</u>. Then walk south on ELM STREET and enter through the front of Beeghly hall. The camp will take place upstairs once you enter the building.

Here is a map of campus:





U.S. BASEBALL & SOFTBALL ACADEMY - HEALTH & RELEASE FORMS

(You will not be admitted to camp without this form, completed and signed on all pages.)

CAMPER FULL NAMECAMP LOCATION						
						Height:
Parent/Guardian Name			Relationshi	p to Camper		
Address			City		State	Zip
Home Phone (_)	_Cell Phone ()		E-Mail		
Preferred Parent/	Guardian Phone Nui	mber during camp hou	rs (if different fr	om above) ()	
Emergency Conta	act Name		Emergency	y Contact Phone	number (
		HEALTH &	GENERAL HIS	TORY		
-		n any activity please no n during camp, please in	·			
Please identify an	y medical condition,	medical history, or alle	rgies that would	require special a	nttention:	
know of no restric	ctions, physical impai	irments, or any other fa	ects, which in an	y manner limit h	is/her partic	Sports Camp and that being a sipation in such a
Physician's Name	:			Phone Numbe	er ()	
		HEALTH INSUR	ANCE INFORM	<u>IATION</u>		
Carrier Name:			Policy N	Number:		
Policy Holder Nai	me:		Policy Hole	der Date of Birth	:	
be made to cont responsible for a medical insuran	act me, or the eme any medical attenti ce shall be the sole	ntment and hospitaliz rgency contact named on needed during cal insurance coverage f (Tylenol, Sudafed, et	d above, before mp or resulting for any medica	e taking this act g from an injur	tion. I will l y received	at camp. My
☐ Please initial	this box if you DO	NOT want your chil	d to receive ov	er the counter i	nedication	s.
AND ALSO THE adequate consider right and authoris	RIGHTS OF USBSA ration, which I ackno ty to use, reproduce, appearances (the "M	N PACKET AND FULI A, LLC (USBSA), AND wledge I have received, and distribute, quoted a Materials") for promoti	HERBY AGRE I hereby grant, material, my chi	E TO ACT IN A release, and quit ld's photograph,	CCORDAN t claim to US likeness, re	CE. For good and SBSA royalty free the corded voice, or

shall, notwithstanding, continue in full legal force and effect. Parent/Guardian Signature:______Date:______ RELEASE OF LIABILITY - READ BEFORE SIGNING In consideration of my minor child/ward_____ ("my child") being allowed to participate in this sport camp program, its related events, and activities, I, the undersigned, acknowledge, appreciate, and agree that: 1. The risk of serious injury from the sports activities involved in this program is always present due to the nature of the sport (s); and there are also risks of injury from such outside camper activities to which you may consent, 2. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown. EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and I willingly agree to comply with the program's stated and customary terms and conditions for my child's participation. If, however, I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from participation and bring such to the attention of the nearest official immediately; and I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE CAMP, THE ENTITY OPERATING THE CAMP, USBSA, US SPORTS CAMPS, LLC (USSC) AND THEIR OFFICERS, DIRECTORS, OFFICIALS, AFFILIATES, AGENTS, OWNERS AND/OR EMPLOYEES, AND ALL SUBSIDIARIES, OTHER PARTICIPANTS, SPONSORING AGENCIES, SPONSORS, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED FOR ACTIVITY ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, regarding my child and/or arising from his/her activities, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE, except for willful misconduct, or otherwise to the fullest extent of the law. I HAVE READ THIS HEALTH FORM AND RELATED CERTIFICATIONS, THE RELASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND THEIR TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

The undersigned further expressly agrees that the attached waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by law and that if any portion thereof is held invalid, it is agreed that the balance

Agreement to Arbitrate Disputes

Parent/Guardian Signature: _______Date: ______

IN THE EVENT OF ANY DISPUTE PERTAINING TO ANY PROVISION OF THIS AGREEMENT, OR PERTAINING TO THE SERVICES RENDERED PURSUANT TO THIS AGREEMENT, OR IN ANY WAY RELATED TO ATTENDANCE AT THIS CAMP, INCLUDING ANY CLAIM FOR PERSONAL INJURY OR OTHER LOSS, INCLUDING ANY CLAIM AGAINST USBSA, USSC, THE ENTITY OPERATING THE CAMP AND THEIR DIRECTORS, OFFICERS, OFFICIALS, AFFILIATES, EMPLOYEES, SPONSORS, HOSTS, OR AGENTS, AND ALL SUBSIDIARIES, OWNERS, PARTNERS, JOINT VENTURERS. OFFICIALS, EMPLOYEES, OR AGENTS OF THE CAMP, OR OF ANY FOREGOING ENTITY, OR OF THE HOST FACILITY, SPONSOR OR INSTITUTION. EACH PARTY HERETO AGREES TO SUBMIT TO BINDING ARBITRATION TO RESOLVE SUCH DISPUTES, BY CLAIM FILED, BEFORE JAMS IN SAN FRANCISCO, CALIFORNIA, TO BE ARBITRATED HERE OR SUCH OTHER VENUE AS DEEMED APPROPRIATE BY THE JAMS ARBITRATOR, SUCH ARBITRATION TO PROCEED UNDER THE JAMS RULES. In the event either party to this agreement incurs any expense as a result of the other party's failure to comply with any provision of this agreement, the non-complying party shall be liable for reimbursement of any and all such expenses or attorney fees directly or indirectly related to failure to comply. In the event any legal action or proceeding occurs which is in any manner related to or pertaining to this agreement, attempting to challenge in a non-arbitral forum such as a court of law the validity or application of this agreement, the party who substantially prevails in that court or non-arbitral proceeding shall be entitled to receive reasonable costs of such action or proceeding including attorney's fees. In the arbitration itself, each party shall bear its own attorneys' fees. The following disclosures are intended to help you thoroughly understand the significance of agreeing to arbitrate any controversy, or claim, or issue in any controversy or claim which may arise between the undersigned client and the attorney:

A) ARBITRATION SHALL BE FINAL AND BINDING ON THE PARTIES. B) THE PARTIES HERETO ARE WAIVING THEIR RIGHT TO SEEK REMEDIES IN COURT, INCLUDING THE RIGHT TO JURY TRIAL. C) PRE-ARBITRATION DISCOVERY IS GENERALLY MORE LIMITED THAN AND DIFFERENT FROM COURT PROCEEDINGS. D) THE ARBITRATOR'S (S) AWARD IS NOT REQUIRED TO INCLUDE FACTUAL FINDINGS OR LEGAL REASONING AND ANY PARTY'S RIGHT TO APPEAL OR TO SEEK MODIFICATION OF RULINGS BY THE ARBITRATOR (S) IS STRICTLY LIMITED. E) THE ARBITRATOR OR PANEL OF ARBITRATORS WILL TYPICALLY INCLUDE AN ATTORNEY OR JUDGE, ACTIVE OR RETIRED.

BY SIGNING BELOW, YOU ARE SIGNIFYING UNDERSTANDING AND ACCEPTANCE OF THE PROVISIONS OF THIS AGREEMENT.

I hereby certify that the above-mentioned participant is in good health and fully able to participate in all activities of the Camp. By signing below, I am stating that I am also aware of and accept the risk inherent in the program activity. By signing below, I agree as well to hold harmless and indemnify USBSA and USSC, their officers, directors, owners, officials, affiliates, agents and employees, and all subsidiaries from any and all liability, loss, damages, costs, refunds or expenses which are sustained, incurred or required out of the actions of my dependent in the course of the camp.

Parent/Guardian Signature:	Date:

U.S. Baseball & Softball Academy COVID-19 Safety Information

U.S. Baseball & Softball Academy is committed to making our camps a safe environment and positive experience for all campers and staff. We are continuously monitoring CDC, WHO, state and local guidance to ensure our policies reflect all current safety standards related to group gatherings and sports programs. As safety guidelines change, our policies and procedures may change accordingly. As camp approaches, our team will be in communication with campers regarding any updates and additional details will be provided by camp staff during orientation. Please refer to www.ussportscamps.com/covid-safety for more details and the most up-to-date information.

Summary of Camper Responsibilities:

- Review USBSA Covid-19 Safety policies on the website and any additional information sent via email
- Complete pre-camp participant waiver(s)
- Complete pre-camp and/or on-site rapid testing (if required)
- Complete required symptom screenings
- Ensure you are healthy and check your temperature before camp each day
- Notify the Camp Director immediately if you become ill for any reason during camp or in the 14 days following theend of camp
- Be sure you have the necessary sanitizing products and personal protective gear at every training. i.e. handsanitizer, 2 face masks/day (as required by state/local guidelines)
- Avoid carpooling when possible
- Ensure your clothing and all equipment are washed or sanitized before and after every day of camp
- Stay up to date on CDC guidelines as well as those of your local health authorities and camp staff
- Make sure you get your temperature checked at camp daily
- Tell a staff member if you aren't feeling well before, during or after camp
- Wash your hands thoroughly before and after training and during breaks
- Bring hand sanitizer with you and use it when exiting and entering your cars and often throughout the day
- Wear a mask to camp and bring an extra backup mask daily (as required by state/local guidelines). USSC supports face coverings as a preventative measure and encourages all staff and campers to wear masks, even if not mandated.
- Do not touch or share anyone else's personal equipment, water, food, or bags
- Practice 6-feet social distancing at all times with other campers and staff, unless training or competitive activityrequires closer contact and are approved by camp staff following the state and local guidelines
- Place bags and other personal equipment at least 2-feet apart from other campers' belongings
- Wash and sanitize all clothing and equipment before and after every day of camp
- Avoid high-5s, hugs, handshakes, fist-bumps, etc. with other campers or staff
- Follow all CDC guidelines as well as those of your local health authorities and camp staff

U.S. Baseball & Softball Academy will follow COVID-19 social distancing and safety guidelines as set by the state and local government authorities. While we are taking every possible precaution, we cannot guarantee against exposure during camps. An inherent risk of exposure to COVID-19 exists in any public place where people are present.

MANDATORY COVID-19 SYMPTOM SCREENING FORM					
This form must be printed, completed, and turned in at check-in on the first day of camp.			PLEASE CIRCLE THE ANSWER		
 1) Has the camper experienced any of the following symptoms in the past 48 hours: fever or chills cough shortness of breath or difficulty breathing fatigue muscle or body aches headache new loss of taste or smell sore throat congestion or runny nose nausea or vomiting diarrhea 			NO		
2) Is the camper isolating or quarantining because s/he tested positive, may have been exposed to a person with COVID-19 or is worried that s/he may be sick with COVID-19?			NO		
3) Is the camper fully vaccinated OR has the camper recovered from a documented COVID-19 infection in the last 3 months? To be considered fully vaccinated, you must be ≥2 weeks following receipt of the second dose in a 2-dose series or ≥2 weeks following receipt of one dose of a single-dose vaccine.			NO		
IMPORTANT: IF YOU ANSWERED "YES" TO QUEST PLEASE SKIP QUESTIONS 4 & 5. YOU ARE APP					
 4) Within the past 14 days, has the camper been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with: Anyone who is known to have laboratory-confirmed COVID-19? OR Anyone who has any symptoms consistent with COVID-19? 			NO		
5) Is the camper currently waiting on the results of a COVID-19 test?			NO		
If the camper IS NOT fully vaccinated, did you answer NO to ALL QUESTION? Permission to attend camp today: APPROVED Please bring this completed form with you to camp check in today.					
If the camper IS NOT fully vaccinated, did you answer YES to ANY QUESTION ?	Permission to attend camp today: NOT APPROVED On the basis of the information you have provided, the camper needs to be evaluated by a professional healthcare provider before joining camp. Please call your Camp Director to inform him/her of the camper's approval status.				
Camper First & Last Name:					
Camp Location:					
Signature (parent/guardian for minors):Date:					