

Visit us at:
NWBI.NET

Call to confirm openings!
360-856-2100

PAYMENT & CANCELLATION POLICY

Monthly payment plans are available. Multi-class and multi-family discounts are also available. Half of fee's are due at time of registration to secure class slot. Because of the limited availability of the Janicki Field House, make-ups for missed classes will be approved by the Program Director for injuries only.

BOYS: All Advanced & Elite Pitchers must bring their own Catcher to Pitching sessions. In addition, player needs to bring their glove, sneakers (indoors), out-door spikes, sleeves, sweatshirt, athletic protection (mandatory), bat if participating in hitting class.

2009-2010 NWBI INSTRUCTORS

BILL CALKINS	DAVE STORRER
ZACH CLEM	ZACH STRONG
DENNIS COOK	DARCY TAYLOR
SARAH DIAMOND	JOHN THURMOND
JIM GUTIERREZ	ART VIVANCO
ANDY HANSON	TITO VIVANCO

CATCHING PROGRAMS

Begin & Adv Catching: (4 weeks) \$120		
One-hour class per week, concentrating on stance, receiving, blocking and throwing to bases. Strategies will be introduced. Max of 4 catchers.		
NWBI BOYS CATCHING		CLASS
SESSION 1 (2:30-3:30)	SATURDAYS (8-12yo) Jan 9, 16, 23, 28	BC101S1
SESSION 2 (2:00-3:00)	SATURDAYS (13-17yo) Feb 6, 13, 20, 27	AC401S2

PITCHING PROGRAMS

Elite Pitching Program: (EP501) (10 weeks) \$600
ONLY 12 PITCHERS ALLOWED IN THIS ELITE CLASS. (Monthly payment plan is available). 30 hours of instruction, two hours per day, two days per week – Wednesdays and Saturdays (13-18yo). December - February. Intense program designed to prepare, train and condition the “serious” pitcher. Increase pitching velocity, command, control and accuracy. Arm-care program and “Dartfish” video analysis is included. Energy System Development is based on the popularity of strength and conditioning for pitching, we are looking to develop our athletes with usable strength and flexibility to support their mechanics and pitch totals. Every player will be mentored on exercise protocols that are cross-specific for pitching.

SESSION 1	SATURDAYS	EP501
(2:00-3:30)	Dec 5, 12, 19 Jan 2, 9, 16, 23, 30, Feb 6, 13, 20	
and	WEDNESDAYS	
(6:30-8:00pm)	Dec 9, 16, 30 Jan 6, 13, 20, 27, Feb 3, 10, 17	

Beginners Pitching: (BP Series) (4 weeks) \$100
One-hour class per week (8-10yo), concentrating on arm-care and the “efficiencies” of pitching. Throwing the fast-ball for location will be the main focus. (Min of 4 players)

BEGINNERS PITCHING	FRIDAYS	CLASS
SESSION 1 (5:00-6:00)	Dec 4, 11, 18, Jan 8	BP101F1
SESSION 2 (5:00-6:00)	FRIDAYS Jan 8, 15, 22, 29	BP102F2
SESSION 3 (5:00-6:00)	FRIDAYS Feb 5, 12, 19, 26	BP103F3
SESSION 4 (5:00-6:00)	SATURDAYS Jan 9, 16, 23, 30	BP104S4
SESSION 5 (5:00-6:00)	SATURDAYS Feb 6, 13, 20, 27	BP105S5

Inter/Advanced Pitching: (IP Series) (8 weeks) \$350
Ninety (90) minute class per week (12-15yo), program is designed to prepare pitchers for their upcoming season. Focus is in pitching “efficiencies”, control + command + velocity; pitch development and a pitching specific conditioning arm-care program. “Dartfish” video analysis is included.

		CLASS
INTERMEDIATE	SATURDAYS	IP402S
(3:30-5:00pm)	Jan 9, 16, 23, 30, Feb 6, 13, 20, 27	
ADVANCED	SATURDAYS	AP502S
(3:30-5:00pm)	Jan 9, 16, 23, 30, Feb 6, 13, 20, 27	

OTHER PROGRAMS

Several more PITCHING, HITTING AND FIELDING lessons are available during the week. We can tailor dates and times to suit your needs...

**INDIVIDUAL LESSIONS
SMALL GROUP LESSONS
TEAM LESSONS**

HIT - FIELD - THROW PROGRAM

Beginners Hit, Field, Throw: (4 weeks) \$100
One-hour class per week, (6-8yo), concentrating on the fundamentals of hitting, throwing and fielding.

NWBI “SMALL GROUP” PRIVATE

We offer small groups of private instruction (Min 2 & Max 4). “Dartfish” video analysis is included. Call today and ask for one of our Small Group brochures.

FOUR WEEKS	EIGHT WEEKS
4 players \$150 per player	4 players \$300 per player
3 players \$155 per player	3 players \$310 per player
2 players \$160 per player	2 players \$320 per player

HITTING	WEDNESDAYS	CLASS #
FOUR WEEK SESSIONS 1 & 2		
(4:30 - 5:30)	Nov 25, Dec 2, 9, 16	SGHW1
(5:30 - 6:30)	Nov 25, Dec 2, 9, 16	SGHW2

EIGHT WEEK SESSION 3
(4:30 - 5:30) Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 **SGHW3**

EIGHT WEEK SESSION 4
(5:30 - 6:30) Jan 6, 13, 20, 27 Feb 3, 10, 17, 22 **SGHW4**

HITTING	SATURDAYS	CLASS #
EIGHT WEEK SESSION 5		
(9:00 - 10:00am)	Jan 9, 16, 23, 30 Feb 6, 13, 20, 27	SGHS5

EIGHT WEEK SESSION 6
(10:00-11:00) Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 **SGHS6**

EIGHT WEEK SESSION 7
(11:00-12:00) Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 **SGHS7**

BEGINNERS HITTING PROGRAM

Beginners Hitting: (BH Series) (4 weeks) \$100
One-hour class per week per week (7-10yo), concentrating on the fundamentals of hitting. Emphasis on balance, timing, bat control.

BEGINNERS HITTING		CLASS
SESSION 1 (4:00-5:00)	FRIDAYS Dec 4, 11, 12, Jan 8	BH101F1
SESSION 2 (4:00-5:00)	FRIDAYS Jan 8, 15, 22, 29	BH102F2
SESSION 3 (4:00-5:00)	FRIDAYS Feb 5, 12, 19, 26	BH103F3
SESSION 4 (11:00-12:00)	SATURDAYS Jan 9, 16, 23, 30	BH104S4
SESSION 5 (11:00-12:00)	SATURDAYS Feb 6, 13, 20, 27	BH105S5

INTERMEDIATE HITTING FALL

Intermediate Hitting: (IH Series) (4 weeks) \$100
One-hour class per week (10-12yo), designed to improve Hitting mechanics. Fastball, off-speed and live hitting! Group discounts available.

INTERMEDIATE HITTING		CLASS
SESSION 1	FRIDAYS	IH101F1
(6:30-7:30)	Dec 4, 11, 12, Jan 8	

INTERMEDIATE HITTING WINTER

Intermediate Hitting: (IH Series) (8 weeks) \$350
Ninety (90) minute class per week (10-12yo), designed to improve Hitting mechanics. Fastball, off-speed and live hitting! Group discounts available.

INTERMEDIATE HITTING		CLASS
SESSION 2	SATURDAYS	IH102S2
(12:00-1:30)	Jan 9, 16, 23, 28, Feb 6, 13, 20, 27	

ADVANCED HITTING PROGRAM

Advanced Hitting: (AH 503 & 504) (8 weeks) \$350
Ninety (90) minute class per week (13-17yo), program is designed to prepare players for their upcoming season. Focus is in hitting mechanics, drills and reps. Development of the physical and mental approach to the game. “Dartfish” video analysis is included.

ADVANCED HITTING		CLASS
SESSION 1	SATURDAYS	AH503S1
(12:00-1:30pm)	Nov 7, 14, 21, 28, Dec 5, 12, 19, 26	
SESSION 2	SATURDAYS	AH504S2
(12:00-1:30pm)	Jan 9, 16, 23, 30, Feb 6, 13, 20, 27	

REGISTRATION 2009-2010

Session: _____ Day: _____ Class # _____ Cost: _____

Session: _____ Day: _____ Class # _____ Cost: _____

Player's Full Name: _____

DOB: _____ Baseball Experience (yrs): _____

Name of High School: _____ Grade Level: _____

IMPORTANT: Please provide the name of the High School that your child is currently attending or will attend in the future. Half of fee's are due at time of registration to secure class slot.

Parent(s)/Guardian(s): _____

Address: _____

City: _____ Zip: _____

Phone: _____ Cell: _____

E-mail: _____

Emergency Contact Person: _____

Emergency Phone: _____

Parent's Medical Insurance Co. _____

Insurance Policy #: _____

Family Physician & Phone #: _____

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in Northwest Baseball Institute (NWBI), Northwest Fastpitch Academy (NFA), American Legion Baseball (ALB) related events and activities, the undersigned:

1. Agree that the participant should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.

2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction, and negligence of others, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

4. Release, waive, discharge and covenant not to sue NWBI, NFA, ALB, its affiliated clubs, their respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or part by the negligence of the releases or otherwise.

5. I hereby authorize NWBI/NFA/ALB to videotape my child(ren) for baseball instructional and promotional purposes only. I have read this statement and my payment and/or signature below verifies mine and my child's acceptance of these conditions.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY

**Make checks payable and remit to:
NWBI, PO Box 289, Burlington, WA 98233**

Parent/Guardian (print) _____

Signature (please sign) _____

NORTHWEST BASEBALL INSTITUTE NORTHWEST FASTPITCH ACADEMY

Northwest Baseball Institute (NWBI) and Northwest Fastpitch Academy (NFA) offer personalized instruction to students that desire to improve their fundamental skills and become better players. All **NWBI & NFA** students can now take advantage of working-out during the year and prepare for their upcoming baseball season.

Our low student to teacher ratio guarantees that students receive the individualized attention and instruction needed to improve their game skills. Our Academies group players according to age and ability, allowing everyone to make the most of their time spent with our instructors. All **NWBI & NFA** instructors are highly qualified and trained to teach all aspects of our instructional series.

Parents will be pleased with the extra attention we give our 12 and under group. Instructors keep a watchful eye on these young players, teaching them fundamentals to instill a life-long love of the game. Individuals and groups are welcome. **All dates and times are subject to change.**

PAYMENT & CANCELLATION POLICY

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EQUIPMENT TO BRING

GIRLS: All Intermediate and Advanced Pitchers must bring their own equipment to every session: *** Catcher, Two (2) softballs, Pitching Rubber, Ice Wrap for Arm, Duct Tape, Notebook & Pen

BOYS: All Advanced & Elite Pitchers must bring their own Catcher to Saturday sessions. In addition, player needs to bring their glove, sneakers (indoors), out-door spikes, sleeves, sweatshirt, athletic protection (mandatory), bat if participating in hitting class.

DIRECTIONS TO JANICKI FIELD HOUSE:

Janicki Playfields Indoor Field House (1155 Cook Road, Sedro-Woolley) - From I-5, take Cook Road EXIT 232, proceed EAST on Cook Road 3.7 miles, turn RIGHT into Janicki Playfields. **Please lock your vehicle and do not leave any valuables in your car, even if locked.**

2009-2010 NWBI INSTRUCTORS

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JIM GUTIERREZ
ANDY HANSON**

**DAVE STORRER
ZACH STRONG
DARCY TAYLOR
JOHN THURMOND
ARTURO VIVANCO
TITO VIVANCO**



Where Players Train!

2009-2010

**NWBI
FALL - WINTER
SCHEDULE**

360-856-2100

nwbi@isomedia.com

Visit our website at:

NWBI.NET

**NORTHWEST BASEBALL INSTITUTE
P.O. BOX 289 BURLINGTON, WA 98233**



IMPORTANT REGISTRATION INFO!

Register via mail.

Register early to guarantee a slot.

PRSRT STD
U.S. POST PAID
BURLINGTON, WA
PERMIT NO. 22