



ELITE PITCHING CLASSES FOR WINTER 2011-2012

Featuring Andy Hanson



NWBI INSTRUCTORS

ANDY HANSON

Advisory Board Member

PLAYING EXPERIENCE:

Walla Walla Community College (89-91), First team All-League Eastern Conference & First Team All-State NWAAC (91), Semi-Pro Baseball (91-93).

COACHING EXPERIENCE:

Varsity Asst Baseball Coach at B-EHS (07-present), Asst. Coach @ B-EHS (06), Washington American Legion Baseball Area Commissioner (05-present), Varsity Asst Baseball Coach at Sedro-Woolley HS (99-01, 03), Asst Baseball Coach at Skagit Valley College (97-98). NORTHWEST BASEBALL INSTITUTE Pitching Coordinator (03-present).

BILL CALKINS

Advisory Board Member

PLAYING EXPERIENCE:

Cranston East HS (71-73), American Legion Baseball (72), University of Rhode Island (74), Semi-Pro Baseball (74), arm injury ended career.

COACHING EXPERIENCE:

Bellingham Bells Asst Coach (2011-present), Varsity Asst Baseball Coach at B-EHS (00-09), Asst Coach for Burlington Sox Junior AA Legion (00-09). WA American Legion Baseball Area 1 Senior Commissioner (01-present), Varsity Asst Baseball Coach at Sedro-Woolley HS (98), Asst Baseball Coach for Sedro-Woolley Junior Legion (97), SWJL Head Baseball Coach (98), Director of NWBI Summer Baseball Camps (03-present), NORTHWEST BASEBALL INSTITUTE (03-present).

CONTACT US:

NWBI

P. O. BOX 289

Burlington, WA 98233

360-391-3438

nwbi@isomedia.com

NORTHWEST BASEBALL INSTITUTE

Fall/Winter 2011-2012

Elite Pitching & Conditioning Program With Coach Andy Hanson (10 weeks)

ONLY 10 PITCHERS ALLOWED IN THIS CLASS

Two days per week – Wednesdays and Sundays (13-18yo). December - February. 30 hours of instruction, ninety minutes per day. Intense program designed to prepare, train and condition the “serious” pitcher. Increase pitching velocity, command, control and accuracy. Arm-care program 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.

Total of 20 - Pitching & Conditioning Sessions

DATES:

Dec 4, 7, 11, 14, 18, 21 ~ Jan 4, 8, 11, 15, 18, 22, 25, 29, ~
Feb 1, 5, 8, 12, 15, 19

TIMES:

SUNDAYS ~ 1:00-2:30 pm & WEDNESDAYS ~ 6:30 - 8:00 PM

PLACE:

Janicki Fieldhouse (Playfields)
1155 Cook Road, Sedro-Woolley, WA 98284

COST: (20 Sessions): \$500

(Remit to: NWBI, P. O. Box 289, Burlington, WA 98233)

REGISTRATION PROCESS: (complete registration form on p2)

- Deposit of \$200 and the signed registration form is due to hold a spot and remaining payments will be due on the 15th of each month.
- FIRST COME - FIRST SERVED ~ MUST PAY DEPOSIT TO RESERVE SPOT

Elite Pitching & Conditioning Program REGISTRATION FORM

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 son is currently attending or will attend in the future.

Parent(s) / Guardian(s): _____

Address: _____

City: _____ Zip: _____

Phone: _____ * Cell: _____

* E-mail (home): _____

* E-mail (business): _____

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 American Legion Baseball (ALB), Northwest Baseball Institute (NWBI), Northwest Fast-pitch Academy (NFA), Bellingham Bells Camps 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. Covenant not to sue, and release, waive and discharge ALB, NWBI, NFA, Bellingham Baseball Club, LLC, Sandlot Ventures, LLC, the Bellingham Bells and all individuals and entities affiliated with these two Limited Liability Companies in any way, West Coast League, NWBI, American Legion Baseball, Anacortes, Bellingham, Burlington, Mount Vernon, Sedro-Woolley and Skagit County Parks & Recreation Departments, Cities of Anacortes, Bellingham, Burlington, Mount Vernon, Sedro-Woolley and all of the respective administrators, directors, agents, and other employees of these organizations, 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 of any kind on account of any injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.*
- 5. I hereby authorize ALB, NWBI, NFA & BELLS CAMPS 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 (please print)

Signature (please sign)