

Project D.E.E.P. Baseball Camp

July 10 - 14, 2017



McMorrow Field
at Victory Road Park

*For campers entering grades
4 through 8*

**Camp Director:
Rick Foresteire
617-635-5027**

Project D.E.E.P.
Leahy-Holloran Community Center
1 Worrell Street
Dorchester, MA 02122

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Camper's Name: _____ Phone: _____ Male: _____ Female: _____
Home Address: _____
DOB: ____/____/____ School(17-18): _____ Grade (Sept. 17): _____
Parent/Guardian's Name: _____ Phone: _____ H/W/C
Parent Email: _____
Parent/Guardian's Name: _____ Phone: _____ H/W/C
Parent Email: _____
Emergency Contact: _____ Relationship: _____
Phone: _____ Alt. Phone: _____
Signature of Parent/Guardian: _____ Date: _____
For Office Use Only: Pd: _____ HF: _____ Current Student: _____



About the Program:

As a staff, the focus will be to improve each camper's skills in all aspects of baseball, including hitting, fielding, pitching and base running. All players will be grouped according to age and ability. An emphasis will also be placed on teaching the skills that are needed to play at the high school and college levels. Along with the constant focus on fundamentals, there will be daily games where the campers will be grouped into teams. This will reinforce the importance of teamwork in baseball. Games will also provide campers with immediate feedback of their growth and development. Player/Coach ratio will be approx. 7/1.



About the Staff:

Camp Director: Rick Foresteire
Rick is currently the Director of Athletics Thayer Academy in Braintree, MA. He is a graduate of Brandies University, where he played third base and designated hitter and was named to the Greater Boston All-Star Team twice. A Melrose native, he played for the Inter City League Melrose Rams and has coached for the prestigious Cape Cod League. We are happy to welcome Rick back this year. Staff: Each year, Camp Director Foresteire selects a group of his colleagues and players to assist him during the week. All of these assistants have played high school baseball in the elite ISL league and some are current college players, we have even had some Major League prospects.



Camp Schedule:

Camp is RAIN or SHINE as we do not have access to indoor facilities this year.

- 10:00 am – Morning Drop-off
- 10:00-10:30 – Meetings & Stretch
- 10:30-12:20 – Fundamentals
 - hitting
 - fielding
 - pitching
 - base running
- 12:30-1:15 – Lunch
- 1:15-2:15 – Game Play
- 2:30 – Afternoon pick-up

Friday is a 1/2 day. Pick up is at 12:30.



Food:

All campers are to bring **their own** lunch and snacks Monday –Thursday, no lunch on Friday. Campers **MUST** bring **plenty of water and fluids** to stay hydrated throughout the day, as these are NOT provided.



Cost:

Non- Scholarship DEEP students: \$150
All other students \$200



Medical Forms:

State law requires that we have an up-to-date immunization record for each camper. **NO PLAYER WILL BE ALLOWED TO TAKE PART IN CAMP WITHOUT APPROPRIATE RECORDS ON FILE.** In addition, we require that each camper provide proof of medical examination within one year by a physician.

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