



Knights Baseball Camp **WINTER HITTING CLINIC**

December 26, 27, 28, 2011
8:00 AM – 11:00 AM



The Winter Hitting Clinic will emphasize all aspects of hitting and will help make you the best offensive player you can be. This clinic is geared towards the serious high school player looking to advance to the next level, and offers a great way to get a head start the 2012 season. This clinic will feature intensified instruction from the Rutgers Baseball coaching staff and players. Each player will go through numerous drills and informational stations aimed to develop your personal skill. Proper mechanics will be demonstrated, strategy will be discussed, and numerous repetitions will be practiced.

The following skills and topics will be covered:

Proper Swing Mechanics
Plate Discipline
Base-Hit Bunting
Moving Runners
Sacrifice Bunting
Pre-pitch Stance

Situational Hitting
Handling the Bat
Hit and Run
Scoring the Runner from 3rd
Squeeze Play
Mental Approach on Offense

Using Legs to Swing
Hitting the Ball to all Fields
Two-Strike Approach
2-0/3-1 Approach
Dictating the At-Bat

FACILITY

The Rutgers Athletic Center, commonly referred to as “the RAC,” is home to the Winter Hitting Clinic, and is the winter home to the Scarlet Knight Baseball Team. Located on the Livingston Campus in Piscataway, the RAC features three full-length batting cages complete with pitching machines, in addition to numerous soft toss and tee stations.

CLINIC STAFF

Fred Hill - Now entering his 29th season at Rutgers and 34th as a collegiate head coach, Fred Hill remains as focused, committed and enthusiastic as he was back in 1984 when he accepted the challenge of coaching a team that was coming off a 13-22 record in 1983 and had not appeared in an NCAA Tournament in 14 years. He proceeded to build Rutgers baseball into what it is today - a program that is among the best in the country, is consistently ranked in the top 25 nationally and is always in the hunt for an NCAA Tournament berth. In his 30-plus years as head coach in the college game, Hill has compiled over 1,000 career victories, which ranks FIRST among active BIG EAST coaches, and ranks in the top 20 nationally.

Glen Gardner - One of the finest student-athletes in Rutgers' sports history, Gardner is now in his 22nd season with the Scarlet Knights. Nationally-renowned for his hitting instruction and his results at Rutgers, Gardner is the hitting and outfield coach and also assists Coach Hill in the day-to-day responsibilities of the program. Gardner has also become an outstanding recruiter, and Rutgers has brought in some of the finest recruiting classes in the BIG EAST over the past few seasons, helping to elevate Rutgers to national prominence. Since 1999, Gardner has seen 13 of his hitters move on to the professional ranks. He spent three years with the Atlanta Braves before his career was cut short due to an eye injury. A two-time All-American, Gardner was inducted into the Rutgers Olympic Sports Hall of Fame in 1997.

Darren Fenster - Currently in his seventh season working with the Rutgers baseball program, Fenster was one of the most decorated players to ever wear a Scarlet Knight uniform. A four-year starter at shortstop for the Scarlet Knights, Fenster capped his outstanding career by earning First Team All-America honors in 2000 when he was also named BIG EAST Player of the Year and was a finalist for the Dick Howser Award, given annually to the nation's top collegiate player. He hit .424 as a junior and .433 as a senior, graduating from Rutgers as the program leader in at bats (818), hits (315), and doubles (65). Fenster was selected in the 12th round of the 2000 MLB draft by the Kansas City Royals and was a two-time Carolina League All-Star selection. After his 2004 season at AA Wichita where he hit .306, Fenster earned an invitation to Major League Camp the following spring, where he suffered a career-ending knee injury while playing for the Big League club.

What: Knights Baseball Camp Winter Hitting Clinic
Who: All players, grades 8-12
When: December 26-28, 2011, 8:00 AM-11:00 AM
Where: Louis Brown Athletic Center (The RAC), 83 Rockefeller Road, Piscataway, NJ 08854
Cost: \$225 - **please make checks payable to “Knights Baseball Camp”**
Enrollment: Limited to ensure a low player-to-coach ratio; ***clinic has sold out the past five years***
What to bring: Bat, athletic shoes, baseball attire (no glove or cleats needed)

Please complete the following form with enclosed check and return to:
Knights Baseball Camp 2011- Hitting Clinic
Rutgers University Baseball
83 Rockefeller Road
Piscataway, NJ 08854

REGISTRATION

Name _____

Address _____

City, ST, Zip _____

Phone (home) _____ (cell) _____

Primary Position _____ Grade _____ High School _____

Email Address _____

I hereby authorize the Director of the Knights Baseball Camp to act for me according to his best judgment in any emergency medical situation.

Parent's Name _____

Parent's Signature _____ Date _____

MEDICAL INFORMATION

The following form is used to provide information to our medical staff in the event of a medical emergency. Please print and fill out the form neatly and fully. Submit it with your Application. **FORM MUST BE FILLED OUT WHEN RETURNED.**

Name _____

Parent/Guardian's name _____

Allergies _____

Present Medications _____

Relevant or recent illnesses or injuries _____

Emergency Contacts:

Contact 1	Relationship	Home phone	Cell phone
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Contact 2	Relationship	Home phone	Cell phone
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Required Medical Release (please check box)

Participation in any sport may cause physical injury sprains, strains, contusions, fractures, dislocations, ruptures, hernias, lacerations, concussions, and even death. In the event of an injury, I authorize the athletic trainer, nurses, doctors, and emergency personnel to administer First Aid or care as deemed necessary. Camp rates may be pro-rated under extenuating circumstances.

We, the undersigned, for ourselves, our heirs, executors and administrators, waive, release and forever discharge The Knights Baseball camp at Rutgers, its staff, officers, agents, representatives, employees, successors, and assigns of and from any and all rights and claims for damages to person and property activities, or while at camp site.

Date _____ Parent/Guardian Signature _____

*Rutgers, The State University is not responsible or liable for any of the activities in respect to the camp; the camp directors are independent contractors.

THIS CLINIC HAS SOLD OUT THE LAST FIVE YEARS, SO BE SURE TO REGISTER EARLY!
ANY QUESTIONS, PLEASE CALL 732.445.7834 OR EMAIL BASEBALL@SCARLETKNIGHTS.COM