



OnTheBump Baseball & Softball Boot Camp

“Building Better Athletes”

Weekly Boot Camp session cost	\$30/wk
The cost is \$30 for the week. If a player attends only one boot camp for the week, it is \$30. If the player attends both boot camps for the week, it is still \$30.	
<u>Sibling Discount</u>	
Save 50% on sessions if you bring a sibling (brother or sister); we gladly welcome softball players.	

Players MUST bring this completed form, payment and signed Waiver & Release Form to the respective Boot Camp session (**Confirm date/location/time of Boot Camp on www.onthebump.com)

Player’s Full Name: _____

Parent(s) Full Name: _____

Phone number: Home: _____ Mobile: _____

Mailing Address Information (so we can send you a survey for feedback/testimonials)

Street Address: _____

City: _____ ST: _____

Email address: _____

REFER A FRIEND!!

OnTheBump Boot Camp Referral Card
 Please bring this card to your initial session

Who referred me: _____
 Relationship to Referral Contact: _____
 Date: _____
 My name (Player or Parent): _____

OnTheBump Boot Camp Referral Card
 Please bring this card to your initial session

Who referred me: _____
 Relationship to Referral Contact: _____
 Date: _____
 My name (Player or Parent): _____

We gladly accept cash or checks made out to Ian Jones
Thank you for your business!

Should you have any questions, feel free to contact
Ian Jones at (702) 336-9575
ian@onthebump.com
www.onthebump.com



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Updated Summer 2009 Schedule

Date	Time	Location
<u>June</u>	<u>June</u>	<u>June</u>
Saturday June 6, 2009	6p-7:30p	Green Valley HS Baseball Field
Saturday June 13, 2009	9a-10:30a	Green Valley HS Baseball Field
Saturday June 20, 2009	CANCELLED	Green Valley HS Baseball Field
Saturday June 27, 2009	9a-10:30a	Green Valley HS Baseball Field
<u>July</u>	<u>July</u>	<u>July</u>
Friday July 3, 2009	9a-10:30a	Green Valley HS Baseball Field
Wednesday July 8, 2009	7p-8p	Green Valley HS Baseball Field
Saturday July 11, 2009	CANCELLED	NO FIELD AVAILABLE
Wednesday July 15, 2009	7p-8p	Green Valley HS Baseball Field
Saturday July 18, 2009	9a-10a	THE DUGOUT
Wednesday July 22, 2009	7p-8p	Green Valley HS Baseball Field
Saturday July 25, 2009	9a-10a	THE DUGOUT
Wednesday July 29, 2009	7p-8p	Green Valley HS Baseball Field
<u>August</u>	<u>August</u>	<u>August</u>
Saturday August 1, 2009	9a-10a	THE DUGOUT
Wednesday August 5, 2009	7p-8p	Green Valley HS Baseball Field
Saturday August 8, 2009	9a-10a	THE DUGOUT
Wednesday August 12, 2009	7p-8p	Green Valley HS Baseball Field
Saturday August 15, 2009	9a-10a	THE DUGOUT
Wednesday August 19, 2009	7p-8p	Green Valley HS Baseball Field
Saturday August 22, 2009	9a-10a	THE DUGOUT
Wednesday August 26, 2009	7p-8p	Green Valley HS Baseball Field
Saturday August 29, 2009	9a-10a	THE DUGOUT

*updated 7/13/09

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Liability Waiver and Release

In consideration of being allowed to participate in any instructional session, workout or other activity organized by OnTheBump LLC (the "Baseball Party") the undersigned prospective player ("Player") agrees to assume all risks incidental to such participation (including, without limitation, injury or loss to person or property).

Each of the undersigned hereby agrees to release and forever discharge the Baseball Party from any and all liabilities, claims, actions, damages, costs or expenses of any nature whatsoever, whether in law or equity, known or unknown, that any of the undersigned ever had, now has or hereafter can, shall or may have against the Baseball Party arising out of or in any way related, directly or indirectly, to Player's participation in such instructional session.

Each of the undersigned parent(s) or guardian(s) of Player hereby agrees to indemnify and hold harmless the Baseball Party from and against any and all liabilities, claims, actions, damages, costs or expenses of any nature whatsoever, whether in law or equity, known or unknown, incurred by the Baseball Party and arising out of or in any way related, directly or indirectly, to Player's participation in such private lesson, workout or other activity. Each of the undersigned parent(s) or guardian(s) of Player hereby ratifies Player's execution of this waiver and release form.

At least one parent or guardian of Player must sign this form if Player is under the age of 21, in order for Player to participate in any instructional session.

Player Signature
Name (printed): _____
Date: _____
Player's date of birth: _____

Parent/Guardian Signature
Name (printed): _____
Date: _____

Parent/Guardian Signature
Name (printed): _____
Date: _____



Boot Camp Sample Exercises & Conditioning

Warm-up routine exercises

Medball full body warm-ups	J-bands (log in your book)
Energy exercises	Stretch bands w/ partner
Dynamic stretches	Groin leg swings
Arm circles (fwd/rev)	

Core routine exercises

One-legged Medball overhead toss w/ partner	Medball rotating wall slams (fixed)
Power position Medball overhead throws w/ partner	Medball wall throws (shuffle)
Medball core slams w/ partner	Lunge twists w/ Medball

Upper body strength routine exercises

- Power Push Ups (knees permitted) for time w/ partner
- BOSU-ball Chest Presses (w/ tubing)
- Seated Versa-8 Scap squeezes
- Versaband Power Rows
- Versaband forearm curls
- Decelerator drop n' catches

Lower body strength routine exercises

- Squat jumps hugging Medball
- Standing Lateral leg lifts
- Lunge twists w/ Medball
- Super 7 Leg Exercises for time
- BOSU-ball Load Leg toe taps

Full body strength routine exercises

- Versa-8 Standing to one-legged balance move (ankle harnesses)
- Resistance band squat/shoulder presses
- Backwards Medball throws (focus on distance)

Conditioning Routines (No cleats)

- Pole-to-Pole $\frac{3}{4}$ sprints
- Warning track Jog-Sprint-Jog-Sprints
- Jogging laps (specifically for breaking up lactic acid following pitching day)
- Pole-to-Pole side shuffle n' touch
- Crunches w/ feet up and any Medball (crunch to touch toes)

...and so much more!!

Do you have what it takes?