



# DEFIANCE



## 2023 Pitching and Catching School

**Date(s):** January 15, 22 and 29 (All Sundays)  
**Time:** 12:00 – 2:00 pm  
**Cost:** \$100 – for all (3) sessions OR Individual Sessions (\$40/Session)  
**Location:** George M. Smart Athletic Center – Defiance College  
**Who:** Pitchers and/or Catchers (**Grades 6-12**)

### Description:

The Pitching and Catching School will provide six total hours of instruction on three consecutive Sundays. By enrolling, players will receive extensive instruction and practice. Campers will be introduced to a complete series of drills and techniques to help them prepare for the upcoming baseball season.

#### Pitching

- Pitching Mechanics
- Throwing Drills
- Change-up Drills
- Curve Ball Drills
- Off-Season Conditioning

#### Catching

- Stances
- Receiving Drills
- Blocking Drills
- Throwing/Footwork Drills
- Mental Side of Catching

### **For More Information Contact:**

Tom Held – Defiance High School Baseball: [theld@defianceschools.net](mailto:theld@defianceschools.net)  
 Derek Woodley – Defiance College Baseball: [dwoodley@defiance.edu](mailto:dwoodley@defiance.edu) or (419) 783-2341

**Online Registration Available at:** [www.DefianceCollegeBaseball.com](http://www.DefianceCollegeBaseball.com)

### Pitching/Catching School Registration Form

Player's Name: \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School: \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Email \_\_\_\_\_

Position: (Check one) Pitcher \_\_\_\_\_ Catcher \_\_\_\_\_

Sessions:

\_\_\_\_\_ All (3) Sessions (\$100) or Individual Sessions \_\_\_\_\_ Jan. 15 (\$40) \_\_\_\_\_ Jan. 22 (\$40) \_\_\_\_\_ Jan. 29 (\$40)

Enclosed is my check made payable to **Woods Baseball LLC** for \$ \_\_\_\_\_

**Please return to:**  
 Woods Baseball LLC  
 1435 Riverbend Dr.  
 Defiance, OH 43512

**Online Registration Available at:** [www.DefianceCollegeBaseball.com](http://www.DefianceCollegeBaseball.com)

### **Agreement and Release of Liability**

I and my heirs release Defiance College, Woods Baseball LLC and Defiance High School and all its employees, officers, and agents from liability for damages to or loss of any personal property, sickness and injury from whatever source, legal entanglement, imprisonment, death, loss of money, etc. for which the college is not liable which might occur participating in this camp. I also authorize Woods Baseball LLC to provide the necessary medical care if needed.

Parent/Guardian Signature \_\_\_\_\_