

# Li'l Blues Baseball

## ATHLETES AGES 9-12 YEARS

at **BLUESTREAK™**

Chelsea Piers BlueStreak, Manhattan's premier sports training facility, now makes its fun and innovative baseball programming available to the younger crowd. Designed to specifically address the needs of children (ages 9-12 years), this new program, appropriately named Li'l Blues, takes the fundamentals of BlueStreak's Baseball Acceleration & Skills programs and condenses them into a format suited to younger athletes.

### The Li'l Blues program emphasizes:

- Accurate technique and athletic habits
- Effective muscle memory
- Basic stride mechanics
- Sportsmanship

**WEDNESDAYS**  
**6:00pm - 7:30pm**

**February 4 - April 8, 2009**  
8, 90-minute sessions

Enroll by February 4, 2009, and receive up to 2 bonus sessions.

For information on our sports programs, please contact us today.

**212.336.6123**

www.chelseapiers.com/bluestreak



### ■ The Program

Athletes begin with a dynamic warm-up, focusing on proper technique and preparing muscles for further exercise. Baseball players then use the running treadmill to work on speed and stride mechanics. The final component of each session includes fundamental skills development, including batting, fielding and throwing as well as offensive and defensive drills.

### ■ Keeping It Fun

While BlueStreak strives to make its curriculum fun for athletes of all ages, it pays particular attention to maintaining a kid-friendly training environment for its Li'l Blues. By interspersing games with skills development, providing an interactive training environment and fostering a sense of camaraderie, BlueStreak ensures that kids enjoy every session.

### ■ Staff

Chelsea Piers BlueStreak has partnered with The Baseball Center NYC to deliver Li'l Blues baseball training. The Baseball Center brings a highly skilled coaching staff and years of coaching experience to BlueStreak's team of certified trainers. Additionally, all BlueStreak coaches are certified by the Athletic Republic and are trained in working with baseball players of all ages and levels.



## Li'l BLUES BASEBALL PROGRAM

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

Female  Male Player's Birth Date \_\_\_\_\_

Phone \_\_\_\_\_

Street Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_

Daytime/Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Player's Grade \_\_\_\_\_ School \_\_\_\_\_

Sport \_\_\_\_\_ Position(s) \_\_\_\_\_

AAU team (if any) \_\_\_\_\_

### REGISTRATION IS ONGOING.

Tuition will be pro-rated based on start date.

**Program Begins February 4, 2009 • 8 WEEKS • Cost: \$400**

### PAYMENT SCHEDULE

Full payment must be received by the program's start-date. The number of spaces is limited and registration is on a first-come, first-serve basis. Full refunds are available up to two weeks prior to the first day of the program. After that day, no refunds will be given.

Total Registration \$ \_\_\_\_\_



### PAYMENT METHOD

Amex  Discover  MasterCard  Visa  Cash  Check

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

### Waiver and Release

Acknowledging that participation in athletics carries with it a risk of physical injury, I agree that Chelsea Piers, L.P., its agents and employees shall not be liable to me or my child for any injury or damage, howsoever caused, resulting directly or indirectly from my child's participation in the Chelsea Piers programs at any time preceding, during or after the program is in session and I hereby discharge Chelsea Piers, L.P., its agents and employees from all actions, claims, and demands I or my child may have for any such injury or damage. I authorize that Chelsea Piers, L.P. has the right to use all photographs or videos taken of my child for advertising or promotional purposes.

Parent or Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

### Send application with tuition to:

Chelsea Piers BlueStreak • Pier 60 • New York, NY 10011  
or FAX to: 212.336.6118