

Falcon Summer Baseball School

June 28th-July 2nd, 2010

**REGISTRATION FORM**

\*\*\* Register online at [epsportscamps.com](http://epsportscamps.com) or  
print and mail form with check by June 1st\*\*\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Parent/Guardian Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Skill Level: (Circle One)

Advanced    Intermediate    Beginner

Age (June '10): \_\_\_\_\_ Grade: (Fall '10) \_\_\_\_\_

T-Shirt Size: (Circle One)

YS    YM    YL    AS    AM    AL

Physical Restrictions, Medications, Allergies:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Drop Off & Pick Up Area:

Paterakis Athletic Center (PAC)

Medical & Liability Release Form:

Please print out and complete the Medical and  
Liability Release at [www.gerstell.org](http://www.gerstell.org) for  
Summer Programs under the "Quick Links"  
tab. A camper cannot participate without  
these forms signed by a parent and physician.

Cancellation Policy:

If you cancel for ANY reason and do so before  
June 1st, 2010, we will deduct a \$75 admini-  
stration fee and refund the remainder of your  
payment. Cancellations after June 1st will not  
be eligible for a refund but may be eligible for  
a credit for another Elite Performance Sports  
Camp.



Register online at:

[www.epsportscamps.com](http://www.epsportscamps.com)

OR

Mail Forms & Check To:

Gerstell Academy Athletic Dept.

Attn: Cap Poklemba

2500 Old Westminster Pike

Finksburg, MD 21048

Make Checks Payable To:

**Elite Performance Sports, LLC**

Elite Performance Sports presents:

**FALCON SUMMER  
BASEBALL SCHOOL**  
at  
**Gerstell Academy**



**June 28-July 2 , 2010**

**Time: 9:00-3:00**

**Cost: \$225.00**

**Ages: 7-14**

Tel: 443-508-1897

[cpoklemba@gerstell.org](mailto:cpoklemba@gerstell.org)

[epsportscamps.com](http://epsportscamps.com)

## Meet The Coaches



**COACH AL POKLEMBBA:** 34 years of coaching experience. 5 former players have signed professional contracts. Several former players playing baseball in Division I, II and III.

- 2008 Frostburg State University Coaching Achievement Award.
- 1994 Maryland State Private School 'Coach of the Year'
- 1992 Baltimore Sun Paper 'Coach of the Year'
- Three time Crown All Star Coach at Camden Yards

Coach Poklemba is best known for his 'old school' approach of teaching baseball fundamentals step by step using repetition. This unique personal style coupled with his upbeat teaching delivery creates a fun and positive learning environment for all his players regardless of age. Coach 'P' always gets the most from every player.



**COACH CAP POKLEMBBA:** brings 18 years of playing and coaching experience to the diamond. Playing accolades include:

- 3-Time All Metro Shortstop
- 1999 Team Maryland Selection,
- 1999 Crown All Star Game Most Valuable Player.
- 2000 All Atlantic-10 Conference selection

Coach P. played Division I baseball at Temple University where he earned honors as the Temple University baseball rookie of the year as their starting shortstop. Coach P. has over 10 years experience coaching baseball to boys and girls ages 6 -15 in both a team and camp environment.

## Meet The Coaches



**COACH PHIL GILOTTE:** brings 20 years of playing and coaching experience to camp. His playing accolades include:

- 3-time All-County selection
- 1996 Team Maryland Member
- College Division II player

Coach Gilotte has 10 years of coaching experience working camps, giving private lessons, and has lead teams to 3 Regional Titles as the outfield and hitting coaches for varsity teams at North Harford and Parkville High Schools.



**All players will need the following each day for camp:**

- Glove
- Hat
- Lunch
- Sun Screen
- Tennis Shoes
- Cleated Shoes
- Water Bottle (with name)
- Please put name on ALL equipment.

## About Our Camp

Players will be broken into groups by age and ability level. Each group will focus on team aspects of the game of baseball as well as individual skills.

Morning sessions will begin with stretching and warm-up drills and move into team aspects of the game. This will include an instructional demo by our coaches and possible visitors, and be followed up with activity appropriate drills.

Morning sessions will end with a scrimmage style drill that puts to work the skill sets learned in the morning activity.

Afternoon sessions will be focused on individual skill development. Players will focus on a number of areas including infield play, outfield play, pitching, catching, individual position work and hitting.

Most infield drills and pitching drills will be done on our Sportexe turf field and our hitting and fly-ball work will be done on Gerstell's newly constructed baseball diamond .

