

METRO BASEBALL SCHOOL CAMP AT ALPENROSE  
[www.metrobaseballschool.com](http://www.metrobaseballschool.com)

1. EQUIPMENT

- A. Be sure your name and phone # are on your glove, bat and other equipment.
- B. Metal spikes are NOT PERMITTED.
- C. You may bring your own BAT
- D. All players must WEAR A BASEBALL CAP for protection from the sun.
- E. Dress for all weather conditions and please bring a jacket for cold weather.

2. ORIENTATION

- A. All Camp Players meet each morning in Main Field Grandstands for assignment.
- B. INSTRUCTION will take place at one of five stations as follows:
  - 1. Main Diamond
  - 2. East Diamond
  - 3. West Diamond
  - 4. Rodeo Grounds (Open Field)
  - 5. Bullpen Area of Main Diamond (1<sup>st</sup> Base Side).
- C. ALWAYS LOOK BOTH WAYS AND WATCH FOR TRAFFIC.  
Rotation from station to station involves crossing traffic areas and done in the same manner as crossing any other street etc..Cross at the corner only, and you are not to rotate unless accompanied by a coach or counselor.
- D. Upon arrival at your next assignment...You are NOT to pick-up and swing the bats or play catch until instructed to do so.

3. SAFETY

- A. HELMETS must be worn during all batting drills on the East and West Diamonds.
- B. PITCHING MACHINES:
  - 1. Campers are ALWAYS TO GO BEHIND machines...NEVER IN FRONT.
  - 2. Campers are NOT to touch, feed, or handle machine at any time.
- C. You must ask PERMISSION to use the BATHROOM...So coaches can account for you.
- D. Do you have any SPECIAL MEDICAL CONSIDERATIONS..(Bee Sting, Allergy, Diabetes, Etc.) that we should know about?

4. GENERAL

A. CONDUCT

- 1. Metro Baseball Camp is an educational and learning experience similar to the classroom. Vulgar language, rude conduct and disrespectful behavior will not be tolerated. Please have respect for your coaches, counselors and fellow athletes.
- 2. Please address adult instructors as "Coach" and counselors by their first names.

B. PARENTS

- 1. Please pick-up camper(s) promptly after each session (11:30 a.m.). Coaches and counselors remain at field for only a short time after completion of daily sessions.

C. RAINOUTS

- 1. FIRST CHECK METRO WEBSITE: [www.metrobaseballschool.com](http://www.metrobaseballschool.com)
- 2. DO NOT call the DAIRY
- 3. Call either 503-620-8848 or 503-244-1472
- 4. No Refunds will be made for rained out sessions.