

**Informed Consent
Required**

All clinic participants will be required to fill out an Informed Consent Form.

This form will be sent to you upon receipt of your clinic application and registration fee.

Please provide the information requested below.

Parent/Guardian Print Name

Parent/Guardian Signature

Date

Cell #: _____

Allergies: _____

Notes: _____



**Steve Mrowka's Fall Baseball
Clinic**

Steve Mrowka Baseball Clinics
The George Washington University
Charles E. Smith Athletic Center
600 22nd Street, NW
Washington, DC 20052
(202) 994-0327

**Steve Mrowka's
Fall Baseball
Clinic**



November 8, 2008

**For High School
Classes:
'09, '10, '11**

CLINIC DIRECTORS:

This Clinic is open to Players in the '09, '10 & '11 classes.

This fall, Steve Mrowka and The George Washington Baseball staff will conduct an instructional clinic for high school age baseball players. Each player will have the opportunity to learn about and participate in a pro-style workout, get instruction from college coaches and show what they have learned in a afternoon game.

CLINIC INTINEARY:

9:00-9:30	Registration
9:30	Workout Instruction
10:00	Warm-Up Arms
10:15	Defensive Skills
11:00	Batting Practice
12:30	Lunch
1:15	Controlled Scrimmage
3:30	Wrap-Up

RULES & REGULATIONS:

1. Students will be restricted to designated areas and procedures.
2. Each participant should wear proper baseball attire and bring his own bat and glove. Catchers should supply their own gear.
3. Adhere to camp regulations. Failure to follow the rules will result in dismissal without refund.

FOR MORE INFORMATION CALL:

(202) 994-0327

***Steve Mrowka, Head Coach,
The George Washington University***



Coach Mrowka is in his fourth year at GW. In his three years at GW, he has seen twelve of his Colonial players drafted or signed to professional contracts. Prior to GW, he was the head baseball coach at Georgia College (408-222 record). At Georgia College, he led the Bobcats to several NCAA Div. II Regionals and #1 national rankings in 1998 and 2001. In addition, Coach Mrowka spent six summers as the head coach of the Hyannis Mets in the Cape Cod League. During his playing days, Coach Mrowka was drafted in the ninth round by the Boston Red Sox, played and graduated from the University of North Carolina.

***Bob Smith, Assistant Coach,
The George Washington University***



Coach Smith enters his second season on the Colonials staff. Prior to GW, he spent the past twelve years running the Richmond Baseball Academy, which he founded in 1995. Under Smith's guidance RBA has developed over 160 college baseball players, including first-round MLB draft picks Matt Moses (#21, 2002) and Justin Verlander (#2, 2004), the 2006 American League Rookie of the Year. Prior to 1995, Smith coached at VCU, University of Kentucky, University of Tennessee and Louisiana State University. Coach Smith played and graduated from Mississippi State University

***Pat O'Brien, Assistant Coach,
The George Washington University***



Coach O'Brien is in his second season as a member of the GW staff. This season he takes over as the Colonial hitting coach. Prior to GW, O'Brien was a player coach for the Washington Wild Things in the professional Frontier League and he was an assistant at his alma mater Kent State. He was drafted in the 17th round by the Houston Astros in 2003.

Baseball Clinic Application

Name _____

Parent's Name _____

Address _____

Home phone # _____

Cell Phone # _____

EMAIL _____

School _____

Grade _____

Age _____; Height _____; Weight _____

Primary Position: _____ Secondary _____

Session Date & Fees

Cost is \$100

***Saturday, November 8
from 9:30am-4pm***

Saturday, November 8, 2008

\$ _____ TOTAL ENCLOSED

***Make check payable to:
George Washington University Baseball***

RETURN APPLICATION/CHECK TO:

**Steve Mrowka, Baseball Coach
The George Washington University
600 22nd Street, NW
Washington, DC 20052**