

**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: _____

George Washington University Baseball



**Steve Mrowka, Baseball Office
The George Washington University
Charles E. Smith Athletic Center
600 22nd Street, NW
Washington, DC 20052**

**Steve Mrowka
Winter Baseball Clinics**

***Steve Mrowka
Winter
Baseball
Clinics***



**GEORGE
WASHINGTON
UNIVERSITY
BASEBALL**

For AGES 8-18

"These clinics are for the dedicated baseball players who aspire to play baseball at a higher level."

This winter, Steve Mrowka and the George Washington Baseball staff will conduct instructional clinics for the serious baseball player from the age of 8-18. Mrowka and staff offer hitting clinics and Pitching-Catching & Infield Clinics.

HITTING SESSIONS INCLUDE:

- * Lectures on Fundamentals
- * Drill Work
- * Batting Practice & Video Analysis

PITCHING-CATCHING & INFIELD INCLUDE:

- * Lectures on Fundamentals
- * Drill Work
- * Live Throwing/Bullpens & Video Analysis

SESSIONS & FEES:

PITCHERS-CATCHERS-INFIELDER CLINIC DATES

Saturday, January 12, 2 pm – 5 pm

Sunday, January 27, 2 pm – 5 pm

HITTING CLINIC DATES

Saturday, January 12, 10 am – 1 pm

Sunday, January 27, 10 am – 1 pm

YOUTH CLINIC DATES

3 DAY CAMP 4-1 RATIO

AGES 8-10 HIT/THROW/FIELD

AGES 10-12 HIT/PITCH/FIELD

AGES 12-14 HIT/ PITCH/FIELD

DATES JAN 11, 25

TIME: 6:30-12PM - 8:30PM

DATES: JAN 12

TIME: 10AM-12.00NOON

CLINIC DIRECTORS:

**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 first season on the Colonials staff. Smith is coming back to the college game after spending 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.

**Dan Hodgson, Assistant Coach,
The George Washington University**



Coach Hodgson is in his second season as a full-time member of the GW staff after having served as the Colonials' volunteer assistant. Prior to GW, Hodgson coached at Georgia College and Kenyon College, his alma mater.

Baseball Clinic Application

Name _____

Parent's Name _____

Address _____

Home phone # _____

Cell Phone # _____

EMAIL _____

School _____ Grade _____

Age _____; Height _____; Weight _____

Primary Position: _____ Secondary _____

**** PLACE A CHECK NEXT TO THE CLINIC SESSION YOU WILL ATTEND:***

PITCHERS-CATCHERS-INFIELDER CLINICS

_____ \$60 - Saturday, January 12, 2 pm – 5 pm

_____ \$60 - Sunday, January 27, 2 pm – 5 pm

HITTING CLINICS:

_____ \$60 - Saturday, January 12, 10 am – 1 pm

_____ \$60 - Sunday, January 27, 10 am – 1 pm

\$ _____ TOTAL ENCLOSED

YOUTH CLINICS (Ages 8-14):

_____ \$100 - Three-day session

RETURN APPLICATION/CHECK TO:

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