

# **Rob Nosari**

## **Sandlot Summer Baseball Camp**



Rob Nosari is a teacher and Varsity Assistant Baseball Coach at Nottingham High School in Hamilton Township. He has decades of experience facilitating Jerry Salzano's Summer Baseball Camp and seeks to keep the tradition of summer baseball camp alive. He knows that the two most important parts of youth baseball are fundamentals and fun. Rob's success both as a high level baseball player and coach have given him the ability to leave a positive impact on many players over the years. His positivity and enthusiasm have helped many players improve their game overall.

### **Camp Summary**

Rob Nosari's Sandlot Baseball Camp will provide instruction in the four baseball fundamental skills:

**Hitting**

**Fielding**

**Throwing**

**Baserunning**

Our camp will provide each individual camper with more confidence, greater self-esteem, better sportsmanship, and a positive atmosphere to play the game of baseball.

### **For Campers Ages 7-12**

#### **Session Dates 2023: (RAIN OR SHINE)**

- ☐ June 26 - 30 (5 Days)
- ☐ July 5 - 7 (3 Days)
- ☐ July 10 - 14 (5 Days)
- ☐ July 17 - 21 (5 Days)
- ☐ July 24 - 28 (5 Days)

**Time:** 9:00AM- 2:30PM

**Location:** Sayen Park, (Nottingham Little League)  
130b Mapleshade Ave, Mercerville-Hamilton  
Square, NJ 08690

**Cost:**

\$250 per weekly session (5 Days)

\$150 for July 5-7 Only (3 Days)

<b>Mon, Tue, &amp; Thurs.</b>	<b>Wednesday</b>	<b>Friday</b>
9:00–9:30 Morning Announcements/ Roll Call 9:30–10:00 Stretch/ Throwing Program 10:00–11:00 Learning Fundamentals* 11:00–12:00 Station Rotations 12:00–1:00 Lunch/ Baseball Trivia 1:00 – 2:30 Baseball Games *Include the four fundamental baseball tools and proper baseball mechanics	Game Day: All Baseball Games	9:00–9:30 Morning Announcements/Roll Call 9:30–10:00 Stretch/ Throwing Program 10:00–10:45 Throwing Competition 10:45–11:30 Hitting Competition 11:30–12:00 Fielding Competition 12:00–1:00 Lunch/ Baseball Trivia 1:00–2:30 Games/ Awards & Acknowledgements

**Register Online Here: <https://www.nlnj.org/>**

*For more information please call or text Rob Nosari at 609-802-2710 or email rnosari14@gmail.com*

## Baseball Skills Taught

<b><u>Running</u></b> <b>We will teach each camper how to run the bases correctly.</b> <ul style="list-style-type: none"><li>• Home to First</li><li>• Home to First on a hit</li><li>• Home to Second on a hit</li><li>• First to Third</li><li>• Second to Home</li></ul>	<b><u>Fielding</u></b> <b>We will teach each camper to field and catch correctly.</b> <ul style="list-style-type: none"><li>• Fielding ground balls in the infield</li><li>• Fielding ground balls and fly balls in the outfield</li><li>• Learning how to turn double plays correctly</li><li>• How to properly receive the ball</li></ul>
<b><u>Throwing</u></b> <b>We will teach each camper to throw from all positions correctly.</b> <ul style="list-style-type: none"><li>• General throwing mechanics</li><li>• Throwing from the infield</li><li>• Throwing from the outfield</li><li>• Pitching and Catching mechanics</li></ul>	<b><u>Hitting</u></b> <b>We will teach each camper correct hitting mechanics.</b> <ul style="list-style-type: none"><li>• How to get in the batters box correctly</li><li>• How to make better contact with the ball</li><li>• How to hit for more power</li><li>• How to hit in game situations</li></ul>

### **IMPORTANT REMINDERS!:**

1. **Please alert us of any allergies, medical conditions or other important medical details.\*\*\***
2. Please dress children in comfortable clothing and sneakers. Cleats are optional.
3. **Lunch is not provided by the camp.** All children can pack a lunch or purchase lunch (as well as extra drinks and snacks) from the Nottingham LL concession stand daily.
4. Sun block is strongly suggested.

\*\*\*\*\*

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

Camper Age: \_\_\_\_\_

I, the undersigned parent/guardian of the individual named above, a minor, do hereby agree to allow the individual named herein to participate in the aforementioned activity and authorize the program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical and/or Dental Examination, in addition to any and all other Treatments that may be deemed necessary by medical personnel. It is understood that this activity involves and element of risk and a danger of accidents and knowing those risks, I hereby assume those risks. In addition, I understand that by signing this agreement, I hereby release and discharge Robert Nosari from any and all liability resulting in injury associated with participant's participation in this activity. I agree that pictures taken during program hours may be used for future promotional purposes. In the absence of a parent/guardian's signature below, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release. Robert Nosari will not provide health and/or accident insurance for program participants.

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

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