

# HEIGHTS BASEBALL SCHOOL

Columbia Park, Berkeley Heights, NJ

Entering our 21<sup>st</sup> year, the Heights Baseball School has provided the best training possible for aspiring young baseball players. The program is geared towards boys entering grades 1 through 9 and includes:

Batting mechanics  
Pitching mechanics  
Individual position play  
Base running  
Instructional and competitive games

## Chris Roof – Director

Before coming to Governor Livingston High School in 2004 to coach the Varsity baseball team, Chris was head coach at Millburn High School for 3 seasons. A standout baseball player and National Champion at Montclair State University, Chris has been named Coach of the Year 13 times including New Jersey State Coach of the Year in 2011. Chris has sent 48 players to play college baseball including 14 at the D1 level. Chris has also had 2 players sign Professional contracts.

“Chris Roof is one of very few coaches who works with middle school baseball players with thorough, comprehensive baseball workouts. What I love about Coach Roof is his passion and obvious love for the greatest sport; his enthusiasm is infectious and appreciated. The young baseball players of Berkeley Heights and Mountainside are lucky to have a coach that is so involved.” -Al Leiter (former MLB Pitcher and current MLB analyst)



## TYPICAL CAMP DAY

9:00-9:20	Attendance, stretching and throwing
9:20-11:30	Stations and individual competitions
11:30-11:45	Break for snack/lunch
11:45-12:05	Coach Roof's lecture and activities
12:05-12:20	Team defense and position play
12:20-12:55	Competitive games
12:55-1:00	Close of day announcements

Campers should bring something to drink and a snack or light lunch and should apply sunscreen before arriving at camp. *They should also bring their own glove and helmet; balls are not necessary.*

## SESSIONS

**Week 1:** June 26th – June 29th with a rain date of June 30<sup>th</sup> or any day in Week 2

**Week 2:** July 17th – 20th with a rain date of July 21st

**COST:** \$180 per week  
\$320 for both weeks

**Early registration before June 19<sup>th</sup>.**

\*Late registrations (signups received after June 19<sup>th</sup>) is \$190 for one week/\$330 for both.

## REGISTRATION

	Early	Late
( ) Week 1 June 26– June 29	(\$180)	(\$190)
( ) Week 2 July 17- July 20	(\$180)	(\$190)
( ) Both weeks	(\$320)	(\$330)

Name (child) \_\_\_\_\_  
Name (parents) \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_  
Email \_\_\_\_\_  
Home phone \_\_\_\_\_  
Cell phone \_\_\_\_\_  
Grade just completed \_\_\_\_\_

Tee Shirt size (circle one) Youth S M L  
Adult S M L XL

Please notify camp director of any allergies or medical conditions before camp begins. The Heights Baseball School has my permission to provide medical care in the event my son is injured or ill.

\_\_\_\_\_  
Signature – parent/guardian

Checks should be made payable to **Heights Baseball School** and mailed to:

Heights Baseball School  
c/o Gary Ruban  
11 Indian Spring Drive  
Oak Ridge, NJ 07438

*Chris Roof's*  
**2017**  
**HEIGHTS**  
**BASEBALL**  
**SCHOOL**



**COLUMBIA PARK**  
**BERKELEY HEIGHTS, NJ**

**For more information call:**

**Chris Roof**  
**(908)578-4539**

“The difference between CAN and CAN’T is the six inches between your ears. If you think you CAN you might; if you think you can’t you’re right.”

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