East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at www.esu.edu

Dining
Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

Camp Care Services
Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Pocono Medical Center, located one block from campus.

Medical Insurance
ESU does not provide individuals with medical insurance. Each camper must provide his own medical insurance plan. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Camp Features
- Cover every aspect of offensive baseball: Hitting Mechanics, Hitting Stations, Bunt Drills, Live Hitting, Base Running.
- Cover every aspect of defensive baseball: Pitching Mechanics, Fielding Mechanics, Throwing Mechanics, OF Play, Bunt Coverage
- Play teaching baseball games in the afternoon to put newly acquired skills in action.

John Kochmansky
jkochmansky@esu.edu
570-422-3263

Office of Conference Services
East Stroudsburg University
East Stroudsburg, PA 18301-2999

Notice of Nondiscrimination: East Stroudsburg University of Pennsylvania does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, sexual orientation, gender identity or veterans’ status in its programs and activities in accordance with applicable federal and state laws and regulations. The following person has been designated to handle inquiries regarding this policy: Director of Diversity/Ombudsperson, 200 Prospect Street, 115 Newman Building, East Stroudsburg, PA 18301, 570-422-3356.

For more information, assistance or special accommodations, please call 570-422-3061.

Online registration available at: www.esu.edu/camps

2015 Summer Sports Camps
www.esu.edu/camps
A Member of the Pennsylvania State System of Higher Education
Philosophy

East Stroudsburg University's baseball camp is developmental in nature as players receive high quality instruction and guidance to improve their skills. Players gain exposure to a college atmosphere working with informative coaches who will give feedback on campers' technique and game strategies. Also, players will receive valuable advice on their skill level, including radar gun speed and running time.

General Information

- One coach for every 10 campers
- Camp T-shirt
- College-Level Instruction
- Indoor facility in event of rain
- All-you-can-eat lunch at ESU dining hall
- Swimming in indoor pool

Camp Director

John Kochmansky

- ESU Head Coach
- PSAC East 2010 Coach of the Year
- Most wins in 5-year span in program history
- 4th on all-time win list
- Over 20 years experience running camps
- 3 players drafted in last 5 years
- Fastest coach to 100 career wins in ESU history
- PSAC Champions 2013

Staff

- Camp Co-director Bob Shebelsky
- Pitching Coach and Bench Coach
- Knowledgeable in every aspect of the game including pitching and catching

Cost

$150.00

Deposit/Payment/Cancellations/Refunds

Please enclose a $100.00 non-refundable deposit per camp with all applications. The balance is due one week prior to the start of camp. Campers who leave during the week due to injury or illness will receive a prorated refund based on the number of days that services were rendered. No refunds will be given to campers who are sent home for disciplinary reasons. All refund requests submitted up to 10 days after the last day of the camp will be considered. No refund requests will be accepted after that time. Please allow six to eight weeks for processing of any refunds. ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

John Kochmansky
jkochmansky@esu.edu
570-422-3263

Online Registration at:
www.esu.edu/camps

Warrior Baseball Camp

Online Registrations at: www.esu.edu/camps

Application—Please print clearly in ink.

Name _________________________________
Address _______________________________
City/State/Zip __________________________
Home Phone ___________________________
E-Mail ________________________________
Emergency Phone ______________________
Grade Entering ___   Age ___   DOB ___/___/___
School/Team ___________________________
Coach ________________________________
Position _______________________________

Adult T-shirt Size:  S  M   L  XL
(Please circle one)

*Non-refundable $100.00 deposit per camp must accompany registration form.

Make checks payable to:
ESU WARRIOR BASEBALL CAMP
Mail to: Office of Conference Services,
200 Prospect Street, E. Stroudsburg, PA 18301

Medical Insurance Information

Company Name ____________________________
Policy Number ____________________________
Group Number _____________________________

Name of Parent/Guardian __________________

I hereby authorize the camp staff and athletic trainers of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son’s/daughter’s attendance in ESU’s Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, trainers, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature ________________________________