



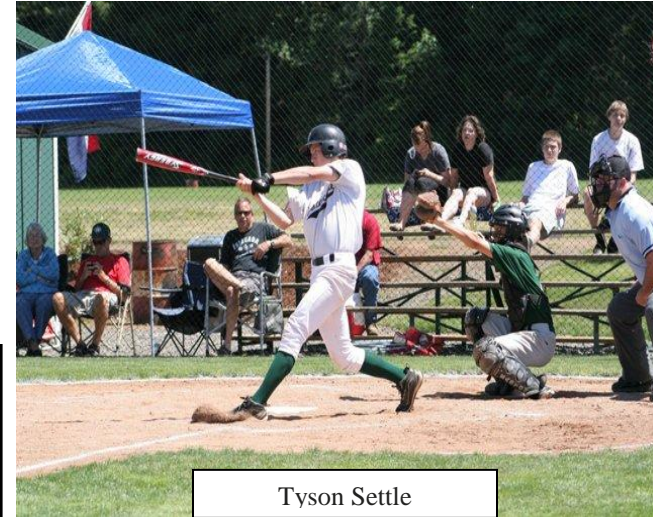
**HEAD COACH**  
**RYAN CARPENTER**

Ryan Carpenter enters his 3rd year as the head coach of the Estacada Baseball Program. Last year the Rangers had a very successful spring and summer and finished one game short of the state tournament. Before moving to Estacada, Carpenter was the head coach at Grant Union High School during the 2008 and 2009 seasons. During this time running the Grant Union Program his teams made two playoff appearances, won the league championship (09), and made it to the semi finals during the 09 season. Carpenter was also named 2009 Eastern Oregon League Coach of the Year.



**Contact Information:**  
**Ryan Carpenter (Head Coach)**  
[carpenterr@estacada.k12.or.us](mailto:carpenterr@estacada.k12.or.us)  
**503-630-8515**

# Estacada



Tyson Settle

## Winter

## Hitting Camp

**December 19-21**

**4th - 8th Grade**

# FREE

[www.erangerbaseball.com](http://www.erangerbaseball.com)

### Learn the Rangers Approach to Hitting

At Estacada Baseball Camps, Head Coach Ryan Carpenter and other Ranger coaches and players will teach the fundamentals of hitting to all who attend. The staff will teach the campers proper swing mechanics through drill progressions and deliver the proper mental approach to hitting to maximize success at the plate

# RANGER HITTING CAMP



## Camp Coaches

### **Ryan Carpenter**

Head Baseball Coach  
2008 EOL Coach of the Year

### **Jack Flitcraft**

Estacada HS  
Fmr. Gresham High School  
Baseball Coach

### **Brigham Baker**

Estacada HS  
Head Football Coach  
JV Baseball Coach

**Estacada Baseball Players**

## *Camp Times (4<sup>th</sup> – 8<sup>th</sup> Grade)*

*8:45am – 9:00am: Registration*

*9:00am - 9:20am: Opening Remarks/Intro to Hitting*

*9:20am - 10:40am: Hitting Instruction*

*\* Instructional Topics: Core Strength, Balance, T-Work, Soft Toss, Hand - Eye Coordination, Mental Toughness, Strategy, & Much More!*

*10:40am – 11:00am: Guest Speaker*

*11:00am – 11:40am: Competitive Hitting Games*

*11:40am - 12:00pm: Closing*

**This Is a High Energy Hitting Camp That Will Get Any Athlete Excited & Prepared For the Upcoming Season**



## **Release and Waiver of Liability**

**(Please read carefully before signing)**

The undersigned hereby acknowledges that participation in this camp and related activities involves an inherent risk of physical injury and the undersigned assumes all such risk and does hereby release and forever discharge the camp and all employees and agents thereof from any and all liability of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defect in the premises.

If at any time it is necessary for the aforementioned camper to receive outside or professional medical attention, I hereby give my consent to the camp to secure the service of whatever physical or medical facility selected and to secure whatever transportation is deemed necessary. I hereby state that I am the legal guardian of said child.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

**@ Estacada High School Gym**