



Do You...

Need to Hit With More Power?

Need to Strike Out Less?

Struggle Hitting the Outside Pitch?

Want to Become a Complete Hitter?

***What do Players, Parents, and Coaches have to say
about Coach Mike Skogen's Instruction...***

"Fundamentals are the key to mastering any sport. Not only do they help you become a great player, but they also make you more able to learn new skills and talents. Mike Skogen has taught me all of the fundamentals I know, concerning baseball and softball that has made me into the player that I am today. Whether it is from throwing to catching, or from bunting to hitting, Mike has made me become advanced in these areas with repetition, consistency, and hard work. Every athlete knows that excellence is done by fixing your mistakes. During a drill or during practice, Mike won't be afraid to tell you what you are doing wrong, and how to fix your mistake. I have learned a lot from Mike over the years and I wouldn't have been able to achieve any of my accomplishments if it weren't for him."

Betsy Dickson- Gilby, ND- 2007 ND Miss Softball

Current Player- MN State-Moorhead Softball. 1st in Triples and 6th in Slugging % in the Northern Sun Conference in 2010.

"I met Mike when he was with NDSU during a baseball camp several years ago. Mike is a great communicator and educator of baseball fundamentals. His experience and desire to teach kids and parents, shows at every practice I have attended with my kids. I would recommend Mike to anyone interested in learning the game of baseball."

Mark Miller- Parent- Kent, MN

"Having Coach Skogen come do a baseball camp for our high school and 16U kids was the best thing we have ever done! He really loves the game and it shows the minute he walks on the field. He is willing to work on anything you feel needs to be touched on. Mike really gets the attention of the kids and works very hard to coach each and every player on a one to one basis. I feel that is the best thing about his camp and he made sure that happened to the best of his abilities. I will have him back as soon as possible as it is very worth the money!"

Chad Hesla- VFW 16 U Coach- Webster, SD

"Mike has a track record for producing hardworking, skilled baseball players. Through his many years of experience at all levels, he understands how to provide professional level instruction to youth players in a way they can relate, learn, and understand and his success rate proves it. This is a great opportunity for baseball players to learn mechanics the right way."

Jim Pettersen- Fargo Post 2 Legion- Fargo, ND

Get on the Right Track With Coach Mike Skogen

- ***2 years Assistant Coach FM RedHawks***
 - ***8 years Assistant Coach NDSU***
 - ***5 years Head Coach MSUM***
- ***1 year Hitting Coach Fargo Legion Post 2 and Bombers***
- ***14 years Coaching T-Ball, Cal Ripken, and Babe Ruth***

Preseason Hitting Camp

at the Fargo Metro Rec

Grade 1-3	Grade 4-7	Grade 4-7	Grade 8-12
10:00am-12pm	1-3:30pm	12-2:30pm	3-5:30pm
Saturday Feb 26	Saturday Feb 26	Sunday Feb 27	Sunday Feb 27



2011 Preseason Hitting Clinic

Registration Form

Please Call or Email ASAP to Reserve Your Spot

Sign and Return Registration Form with Check Payable to:
Skogen Baseball, PO Box 10598, Fargo, ND 58106

-One Form per Participant-

www.SkogenBaseball.com

**Space is Limited to 8 per Session
(4-1 Player Coach Ratio)**

Please Check the Appropriate Session

Grade K-3- \$20

Sat Feb 26- 10:00am-12:00pm

Grade 4-7- \$40

Sat. Feb 26- 1:00-3:30pm

Sun. Feb 27- 12:00-2:30pm

Grade 8-12- \$40

Sun Feb 27- 3:00-5:30pm

Video Analysis- \$40

Grade K-12

**I am interested in more
information about individual
or small group lessons.
(These lessons are available
by appointment.)**

Name _____ Grade _____

School _____

Date of Birth _____/_____/_____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____/_____/_____ Emergency Phone _____/_____/_____

Number of Hitting Clinic Sessions _____ x \$ _____ = \$ _____

Video Analysis Sessions _____ x \$ 40 = \$ _____

Total = \$ _____

To Reserve Your Spot- Include a \$10 non-refundable deposit per participant per session and pay the remaining balance on site the day of the clinic.

Limited Space- With only 8 per session, I encourage everyone who plans to attend to register as soon as possible. If a session becomes full, a waiting list will be made incase of cancelations. Please email mike@skogenbaseball.com to enquire about space available for the age group and time you prefer.

Cancellation- Cancelations made 24hrs in advance will receive a full refund less the deposit. No shows will not be refunded. Incase of injury cancelation from an outside event, please contact Coach Skogen.

For More Information Contact- Mike Skogen, Director

701-364-FMFB or mike@skogenbaseball.com or www.skogenbaseball.com

Video Analysis Details

- The participant will be video taped at the clinic.
- The participant will receive a video of their video analysis with diagramed comparisons of their swing to major league hitters.
- Coach Skogen will explain on the video what is diagramed and improvements that can be made.

Video Analysis Examples Available at www.SkogenBaseball.com

Consent for MEDICAL TREATMENT / Consent to PARTICIPATE / Validation of INSURANCE

I/We the undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of emergency for (print full name): _____ a participant in the Skogen Baseball Camp/Clinic. I/We understand that I/we will be responsible for any expenses incurred on his/her behalf in connection with such treatment. I/We also authorize the camp/clinic appointed physician to execute on my/our behalf any permission slips and other appropriate documents and act on my/our behalf if I/we are not immediately available to do so.

Insurance Company _____

Contract Numbers _____

Emergency Day Time Phone Number _____

NO CAMP/CLINIC PARTICIPANT WILL BE ADMITTED WITHOUT INSURANCE COVERAGE. Injuries are a part of any activity. It is very important that you are in good shape when you begin the camp. The better shape you are in, the less likely you are to sustain an injury. ******THERE ARE NO REFUNDS DUE TO INJURIES OR ILLNESS DURING THE CAMP.******

AS A CONDITION OF ENROLLMENT, THE FOLLOWING DISCLAIMER OF LIABILITY MUST BE SIGNED AND DATED BY THE CAMPER'S PARENT/LEGAL GUARDIAN: The participant, in attending the Skogen Baseball Camp/Clinic and in using any camp/clinic facility, does so at his/her own risk. The camp/clinic, the facility owners, its Director Michael Skogen and its staff shall not be liable for any damage arising from personal injury sustained by the participant during the camp/clinic sessions and so hereby fully and forever exonerate and discharge the camp/clinic, the facility owners, the Director Michael Skogen, its staff, its owners, employees and agents, from any and all claims, demands, damages, right of action or causes of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the camper's participation in the camp/clinic session and in the use of the facilities.

I certify, that to the best of my knowledge, the participant is in good physical condition and has no disease or injury that would impair his/her performance in training or competition.

Parent or Guardian Signature & Date _____

Printed Name _____