



COLTON BOUCHER BASEBALL CAREER

CENTRALIA COLLEGE 2013

Leader in Strikeouts, Wins,
Complete Games, and
tossed a No-Hitter

NORTHERN STATE UNIVERSITY 2014- 2016

Single Season Record in
Wins & Strikeouts
Career Record Leader in
Wins & Strikeouts
Gold Glove Winner 2016

NORTHWOODS SUMMER LEAGUE

6-2 Record
3.13 Combined ERA
46 Strikeouts



PITCHING LESSONS ~ 9 YEARS OLD AND UP

Velocity Training/Arm Care

These lessons will provide pitchers with knowledge of proper arm care and how to develop velocity through a variety of different exercises. These lessons will also teach pitchers how to properly warm up, play long toss, how to use weighted balls correctly, and rehab/arm care after instruction. Pitchers will have a better understanding of proper training to increase velocity and have an increased understanding of arm care.

Lessons Cost: \$25/hour held @ the Big Green Cage, Stan Hedwall Park
Select a time and date for your lesson at the
Parks and Recreation Office, 1321 S Market Blvd Chehalis
For additional information call – (360) 748-0271

Registration for Pitching Lessons:

Name: _____ Age: _____

Address: _____

Phone: _____ E-mail: _____

I am fully aware of the special dangers and risks inherent in the activity, including physical injury, death, or other consequences that may arise or result directly or indirectly from the activity. Being fully informed as to these risks and in consideration of the privilege of participating in the above-described activity, I hereby hold harmless, defend and indemnify the city and assume all risk of injury, damage and liability and waive any right of recovery from or to bring suit against the City of Chehalis or volunteers for any personal injury, death, or other consequences arising out of my voluntary participation in the activity, except for the sole negligence of the City.

I certify that I am the participant or the parent or legal guardian of the participant named above; that I have read and understood the foregoing release; and that I join in the release without reservation, granting full consent and authorization for the above-named person to participate in the activity.

Participant/Parent/Guardian Printed Name

Participant/Parent/Guardian Signature

Date

The Chehalis School District does not sponsor this event and the District assumes no responsibility for it. In consideration of the privilege to distribute materials, the local school district shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

PLU 5 Pitching Lessons	Date _____	Check # _____	Cash _____	Amt Pd _____	Receipt # _____
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