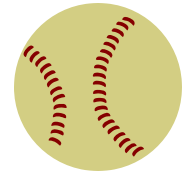


# East Stroudsburg University 2009-10 Softball Clinic



To: All Softball Players (Ages 9-17) and Coaches:

The East Stroudsburg University softball team will be conducting four winter softball clinics for hitting and pitching. Our clinics are designed to teach the fundamentals and specifics of pitching and hitting. We will be teaching the hitting techniques taught by top level collegiate programs. We will be emphasizing specific drills to help incorporate the swing into future practices. The hitting clinic will be a valuable experience for all hitters at every skill level.

Pitching clinics will be held as well, and will include instruction from all ESU coaches and pitchers. We will emphasize good pitching mechanics, warm up techniques, drills, as well as pitch calling and situational work. The older girls will receive instruction on throwing all major pitches including fastball, drop, curve, rise, change-up, and screwball. The younger girls will learn valuable techniques that will help them become better pitchers. The clinic will be a valuable experience for pitchers of all ages and skill levels. **Pitchers are encouraged to bring their own catcher.**

Each date will offer a two hour session of pitching instruction and a two hour session of hitting instruction. The cost will be \$25 per session and \$160 for all eight sessions. All proceeds go towards the ESU Softball spring training trip to South Carolina, where we face strong competition in preparation for our upcoming season. **Make checks payable to SAA/ESU Softball**

**DATES/TIMES:**

Sunday November 22nd: Pitching 1-3 PM, Hitting 3:30-5 PM

Sunday December 6th: Pitching 1-3 PM, Hitting 3:30-5 PM

Sunday January 10th: Pitching 1-3 PM, Hitting 3:30-5 PM

Sunday January 24th: Pitching 1-3 PM, Hitting 3:30-5 PM

Sunday January 31st: Pitching 103 PM, Hitting 3:30-5 PM

**CHECK IN TIME: 15 minutes prior to each session**

**LOCATION:** Koehler Fieldhouse at East Stroudsburg University

**WHAT TO BRING:** All players should wear sneakers and bring a glove. Catchers should bring their own equipment. Players are encouraged to bring their own bat and helmet, if available.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Summer Team: \_\_\_\_\_

I WILL ATTEND (PLEASE CHECK)		
<b>ALL TEN SESSIONS \$200</b> _____		
<b>November 22nd:</b>		
Both \$50 _____	Pitching \$25 _____	Hitting \$25 _____
<b>December 6th:</b>		
Both \$50 _____	Pitching \$25 _____	Hitting \$25 _____
<b>January 10th:</b>		
Both \$50 _____	Pitching \$25 _____	Hitting \$25 _____
<b>January 24th:</b>		
Both \$50 _____	Pitching \$25 _____	Hitting \$25 _____
<b>January 31st:</b>		
Both \$50 _____	Pitching \$25 _____	Hitting \$25 _____

Grade: \_\_\_\_\_ High School: \_\_\_\_\_ Position 1: \_\_\_\_\_ Position 2: \_\_\_\_\_

**Mail to:** Jill Fuduric, Head Softball Coach, Koehler Fieldhouse, East Stroudsburg University, East Stroudsburg, PA 18301

**Parent/Guardian Authorization:** I hereby certify that my daughter is in good health and able to participate in all clinic activities. I also hereby authorize the directors of the clinic to act for me, according to their best judgment in any emergency requiring any medical attention. As with all sports related activities, there is the possibility of serious bodily injury or property damage as a result of participation in the 2009-10 Winter Softball Clinic. I hereby release the clinic, East Stroudsburg University, and the ESU Student-Activity Association INC., and their employees from any and all liability for all bodily injuries or property damage while at the clinic, and in the process of being transported to and from the clinic.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_