



# Misericordia University

## S O F T B A L L

### 2010 Winter Pitching Clinics



Our softball winter pitching clinics will be held in the Anderson Sports and Health Center, on the campus of Misericordia University. Parents and coaches are welcome and encouraged to come to the clinics. This is a great opportunity to learn from and interact with college coaches and players as well as participate in a great college atmosphere. All pitchers should bring their: Glove, tennis shoes, a catcher (may be from team, parent, or coach) and catching equipment (if applicable.)

**\*Registration is on the first clinic day 30 minutes prior to the start of the session you are attending\***

**Fundamental Clinic for grades 1-8                      8:30AM-10:00AM                      January 16, 23, 30 & Feb. 6, 2010**

The focus of this clinic is to teach the basic fundamentals of pitching. A great deal of focus will be placed on mechanics. Pitchers with little or no experience are very welcome! This clinic will stress the importance of fastball mechanics. Pitchers will also have the opportunity to learn change-up and possibly one or two other pitches if they feel they are ready.

**College Prospect Clinic for grades 9-12                      10:00AM-11:30AM                      January 16, 23, 30 & Feb. 6, 2010**

The focus of this clinic is to enhance the pitching skills that are necessary to play collegiate softball. We will break down all aspects of pitching along with teaching drills to improve mechanics. Each week, new pitches will be taught, or improvements made to pre-existing pitches. Pitchers will also have the opportunity to be clocked with the radar gun on the last day of clinic.

- The four week breakdown allows for the pitchers to practice during the week and come back the next week with questions or concerns. It is important to attend **all four** sessions to get the most out of the clinic, but it is understood that conflicts arise. PLEASE INDICATE WHEN YOU REGISTER IF YOU CAN NOT ATTEND A SESSION.
- Also if the pitcher is new to pitching but older than 8<sup>th</sup> grade, they may attend the fundamental clinic. In addition, more advanced younger pitchers may enter the college prospect clinic. Most important is that you come to MU's pitching clinic to get the kind of instruction you are looking for!

\*\*\*\*\*Please Cut and Return From Below\*\*\*\*\*

#### **Misericordia University Softball Winter Pitching Clinic**

Participant's Name \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Health Care Provider \_\_\_\_\_

Phone \_\_\_\_\_ Current Grade \_\_\_\_\_ Primary Care Physician \_\_\_\_\_

Email \_\_\_\_\_ Position \_\_\_\_\_ Phone \_\_\_\_\_

#### **Consent and Agreement**

In signing this Consent and Agreement Form, I affirm that my child is in good health to participate in the clinic exercises, and has my permission to participate in all clinic activities. I agree to assume all risk of such participation and further agree to indemnify, defend, and hold harmless Misericordia University, its officers, its directors, its employees, and all clinic staff from any and all claims, suits, losses, demands, or related causes of actions for damages arising in any way out of my child's participation in the Misericordia University Softball Winter Clinic or other activities on Misericordia University property.

Parent/Guardian's Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

#### **Fundamental Clinic**

\_\_\_ 4 Weeks \$100.00  
\_\_\_ 3 Weeks \$75.00

#### **College Prospect Clinic**

\_\_\_ 4 Weeks \$100.00  
\_\_\_ 3 Weeks \$75.00

**\*\*Checks payable to: Misericordia University\*\***

**Mail completed form and payment to:**

Attn: Jen Probst/Softball  
301 Lake Street  
Dallas, PA 18612