

SPRINGFIELD COLLEGE SOFTBALL CLINIC



**Saturday, March 6, 2010
Field House/Wellness Center**

\$35 per session or \$55 for both sessions

The Springfield College Softball Clinic is organized and conducted by the current SC Softball players. Having won back-to-back NEWMAC championships with two straight appearances in the NCAA tournament, the Pride brings a wealth of knowledge and experience to the clinic. Come and learn softball from some of the best student-athletes and have a great time!

Session 1: 9:00 -11:30 am

Infielders

- Throwing mechanics
- Infield skill work
- Position specific drills

Offense

- Hitting mechanics
- Bunting
- Base-running technique

Session 2: 12:00 – 2:30 pm

Outfielders, Pitchers, Catchers

- Throwing mechanics
- Outfield skill work
- Situations

Offense

- Hitting mechanics
- Bunting/Slapping
- Base-running strategy

please bring sneakers (no metal cleats), glove, bat, batting gloves, and helmet (if you have them)

For more information please contact Assistant Coach Christie Lotti at Clotti@spfldcol.edu

detach here

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Springfield College Softball Clinic Registration Form

Please complete one registration form for each participant

Participant is registering for (please circle): Session 1 only Session 2 only Sessions 1 and 2

Participant's Name _____ Position(s) _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email Address _____

Participant's Age _____ Grade _____ School _____

I, _____ give _____ permission to fully participate in the Springfield College Softball Clinic. I have attached a note explaining any specific physical limitations. I also hereby authorize the Director of the clinic permission to arrange for, and provide medical care in the event the applicant is injured or disabled.

Parent/Guardian Signature _____ Date _____

Insurance Company _____ Policy No. _____

Please make check payable to SC Softball and mail to:
Julie Perrelli, Head Softball Coach
Springfield College
263 Alden St.
Springfield, MA 01109