



# BISON SOFTBALL CAMPS

## 2015 NDSU SOFTBALL FALL CLINIC

Sunday, October 4<sup>th</sup>, 2015

**Location: Ellig Sports Complex**

(on the corner of 17th Ave N. and 18th St. N)

**Pitching Clinic (7<sup>th</sup> – 9<sup>th</sup> Grade): 9:00 – 10:30 AM**

**Pitching Clinic (10<sup>th</sup> -12<sup>th</sup> Grade): 11:00 – 1:00 PM**

**Slapping Clinic (7<sup>th</sup> – 12<sup>th</sup> Grade): 11:00 – 12:30 PM**

**All Skills Clinic (7<sup>th</sup> – 12<sup>th</sup> Grade): 1:30 PM – 4:30 PM**

Register online at [www.bisonsoftballcamps.com](http://www.bisonsoftballcamps.com)

The Bison Softball Team invites all players in grades 7 – 12 to come participate in the 2015 NDSU Fall Clinics. These clinics allow players to come and learn new skills and sharpen old ones as we head into the off-season; the time of year when players can spend time improving their skills and fundamentals to make themselves better players. Come see what skills are taught and worked on during our NDSU Softball Fall Season, to ensure player improvement and team success. The clinic is open to all girls in grades 7<sup>th</sup> – 12<sup>th</sup> that are looking to advance their softball skills and knowledge.

**Pitching Clinic - \$45 9:00 – 10:30AM (7<sup>th</sup> – 9<sup>th</sup> Grade) and \$60 11:00 – 1:00PM (10<sup>th</sup> – 12<sup>th</sup> Grade)**

This clinic will break down the pitching motion and present the drills necessary to increase consistency and effectiveness. Coaches will also introduce different pitches (based on skill level), teaching the correct technique, fundamentals, and drills essential for throwing them. **Pitchers must provide their own catchers.**

**Slapping Clinic - \$45 11:00 - 12:30PM**

Slapping is a great tool to incorporate into your game if you have speed and good hand-eye coordination. When executed correctly, it can be almost impossible to defend. In this clinic we will break down the slap footwork and handwork, as well as introduce different kinds of slaps like the hard/power slap, soft slap, and drag bunt.

**All Skills Clinic - \$90 1:30 – 4:30PM**

Offensive and defensive skills and strategies will be the main focus of the All Skills Clinic. This clinic is ideal for softball players who are ready to develop their abilities to play at the next level. Whether you are beginning your competitive experience or moving up in age for travel ball, high school, or even college, this camp will take the basic game fundamentals to a more advanced level.

### Items to Bring

We recommend all participants wear cleats and bring a pair of tennis shoes in case we are moved inside due to weather. Participants must provide their own glove, make sure your full name is on your personal equipment. Catchers bring a full set of catching gear.

### Parents and Coaches

Parents and coaches are welcome to observe any and all camp sessions. To insure everybody's safety, we ask that parents and coaches maintain proper distance from camp activities, and also refrain from interrupting sessions in progress. Camp staff welcomes the opportunity to discuss camp activities during breaks with parents and coaches.

**No refunds after September 27, 2015**, except with written notice from a physician stating that the athlete is physically unable to participate in the camp. All refunds will incur a 10% administration fee which will be deducted from your refund amount.

*Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU – sponsored programs and events. To request an accommodation, please contact Brynne Dordel at (701) 231-5754 by September 27<sup>th</sup> to make arrangements.*

North Dakota State University does not discriminate on the basis of age, color, disability, gender identity, marital status, national origin, public assistance status, sex, sexual orientation, status as a U.S. veteran, race or religion. Direct inquires to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231 – 7708.



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## 2015 NDSU FALL SOFTBALL CLINIC REGISTRATION FORM

NDSU Softball's Fall Clinics are open to all girls in grades 7-12. Be sure to register early to reserve your spot!

Sunday, October 4<sup>th</sup>, 2015

Location: Ellig Sports Complex

(on the corner of 17th Ave N. and 18th St. N)

Pitching Clinic (7<sup>th</sup> – 9<sup>th</sup> Grade): 9:00 – 10:30 AM

Pitching Clinic (10<sup>th</sup>- 12<sup>th</sup> Grade): 11:00 – 1:00 PM

Slapping Clinic: 11:00 – 12:30 PM

All Skills Clinic: 1:30 PM – 4:30 PM

Fee: \$45 Pitching Clinic (7<sup>th</sup>-9<sup>th</sup>), \$60 Pitching Clinic (10<sup>th</sup>-12<sup>th</sup>), \$90 All Skills, and \$45 Slapping Clinic

Please make checks payable to NDSU Softball Clinic and return with detached portion below the solid line.

Please be sure to fill in all information below before sending to:

NDSU Softball Clinic  
Dept 1210, Bentson Bunker Fieldhouse  
PO BOX 6050  
Fargo, N.D. 58108-6050

Questions please contact Kendall Grimm by phone: (701) 231-5754 or by E-mail: Kendall.Grimm@ndsu.edu

YOU CAN ALSO REGISTER ONLINE AT [WWW.BISONSOFTBALLCAMPS.COM](http://WWW.BISONSOFTBALLCAMPS.COM)

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

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

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Position(s): \_\_\_\_\_

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

Please sign me up for:

\_\_\_\_ Pitching Clinic (7<sup>th</sup> – 9<sup>th</sup> Grade) - \$45    \_\_\_\_ Pitching Clinic (10<sup>th</sup> – 12<sup>th</sup> Grade) - \$60    \_\_\_\_ All Skills Clinic - \$90  
\_\_\_\_ Slapping Clinic - \$45    TOTAL: \_\_\_\_\_

No refunds after September 27<sup>th</sup>, 2015, except with written notice from a physician stating that the athlete is physically unable to participate in the camp. All refunds will incur a 10% administration fee which will be deducted from your refund amount.

### Consent for MEDICAL TREATMENT and Consent to Participate

I/we the undersigned hereby authorize any first aid, medications or surgery deemed necessary in case of emergency for (print full name) \_\_\_\_\_ a participant in a Bison Softball Clinic. I/We understand that we will be responsible for any expenses incurred on her behalf in connection with such treatment. I/We also authorize the camp 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 able to do so.

Insurance Company: \_\_\_\_\_ Contact Number: \_\_\_\_\_ Emergency day phone: \_\_\_\_\_

NO CAMPER WILL BE ADMITTED TO CAMP WITHOUT INSURANCE COVERAGE. Injuries are a part of any training camp. It is very important that you are in good shape when you report to camp. The better the shape that you are in, the less likely you are to sustain an injury. If you receive a major injury, you will be returned home. There are no refunds due to injury or illness.

### AS A CONDITION OF ENROLLMENT, THE FOLLOWING DISCLAIMER OF LIABILITY MUST BE SIGNED AND DATED BY THE CAMPER'S PARENT/LEGAL GUARDIAN.

The camper in attending the NDSU Softball Clinic and in using the any camp facility does so at her own risk. The University, its Athletic Department and its staff shall not be liable for any damage arising from personal injury sustained by the camper during the camp or at the facilities. The camper and her parents assume full responsibility for any damages or injuries which may occur to the camper during the camp session and so hereby fully and forever exonerate and discharge the University, the NDSU Softball Clinic, 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, unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of the facilities.

I certify that to the best of my knowledge, I am in good physical condition and have no disease or injury that would impair my performance in training or competition. I/We hereby consent to the participation of my daughter in the Bison Softball Clinic. If she fails to obey the competition and camp rules, the Directors have the authority to expel her from the same.



# ***BISON SOFTBALL CAMPS***

\_\_\_\_\_  
Camper's Signature and Date

\_\_\_\_\_  
Parent/Guardian Signature and Date

