

Schedule

A day in the life of a pitcher!

Day 1

15 mins prior to start of session Check in

- 15 Mins** Jog / stretch
active warm-ups for pitchers
- 1.5 hrs** Pitching
Instruction/workout & video
analysis evaluation
(need catcher if possible)
- 1.25 hr** Fielding for pitchers
Instruction & work-out

Day 2

- 1 hr** Hitting
Instruction/workout & video
analysis evaluation
- 45 mins** Pitching drills
How to work-out
- 30 mins** Strategy for pitchers
Chalk talk & instruction
- 30 mins** Conditioning for pitchers
- Depart (exhausted! :-))

(During day 1 pitching session, if you can provide a catcher, parent or friend, it will enhance your experience of the session)

Age of Camp: 9 to 14

Parents are welcome to stay the entire day. Please bring any sports drink you like. We will provide water only.

JustSOFTBALL now has a "Pro Shop" for all your softball needs. It is located at 1109 W. 190th St in Gardena, CA. 90248. Hours are 3pm to 8pm M-F. Call for information: 310-466-0324

Location of the 2-day camp is:

MT. SAN ANTONIO COLLEGE
(Field is near corner of Grand and Temple)
1100 N. GRAND AVENUE
WALNUT, CA 91789



925 Eucalyptus Dr.
El Segundo, CA 90245



www.just-softball.com



Pitching

Hitting

Fielding

Training

Strategy

Drills

Competition

December 20th & 21st, 2008
9am to noon each day

“All Around”
2-Day
Pitchers Camp

Develop your
COMPLETE Game!

Camp Info

Eligibility:

Ages 9 through 14. Athletes will be divided up according to age and/or skill level. Athletes must be in good health to participate in all camp activities. Each camper must have medical insurance.

Drop Off / Pick Up:

Camp is from 9am to 12pm both days. Parents are invited to attend any session. **Please be prompt when dropping off and picking up.**

Location:

The camp will be held at **Mt Sac College Softball Field. (Field is near corner of Grand and Temple)**
1100 N Grand Ave Walnut, CA. 91789

Suggested Equipment:

Bring all of your gear. Glove, bat, helmet, batting gloves, hat or visor, sliding pads, sun screen, water bottle. Please mark all your gear with your name and phone #. The camp is not responsible for any lost or stolen items.

Cost:

The cost for each player is \$90. Cost includes video analysis and a camp t-shirt.

Please sign-up EARLY! Space is limited!

Maximum number of athletes allowed is 30.

You can also sign-up on the web at:

www.just-softball.com/camps.htm

Payment Terms:

You must pay in full at the time of sign-up. Once camp fills to capacity, a waiting list will be maintained on a first come first serve basis. **Please make checks payable to JustSOFTBALL** and mail to:

JustSOFTBALL - Deb Hartwig 925 Eucalyptus Dr. El Segundo, CA 90245

For more information:

Contact Deb Hartwig (Director of Camps) 310-466-0324 e-mail: deb@just-softball.com or check out the web at www.just-softball.com (On-Line registration available)

Other Clinics Available:

Advanced Pitcher and Catcher Clinic: 12/20 1:30pm to 5:30pm **OR** 12/21 1:30pm to 5:30pm (you must be a travel ball player to attend these clinics) Please read details on-line.

Winter Break Skills Clinics: Dec 21, 23 & 29. Fielding, throwing, general skills, hitting. 9am to noon and/or 1pm-4pm in El Segundo.

www.just-softball.com/camps.htm

Camp Directors



Susie Parra
JustSOFTBALL So. Cal.

Former Volunteer Assistant Coach at Cal State Fullerton for 7 seasons working primarily with the pitching staff.

A three-time All-American (1992-94) and national champion (1991, 93, 94) from Arizona, Parra was an assistant coach with the Titans for three seasons prior to starting her own pitching school.

In 1994, Parra became Arizona's first-ever National Player of the Year award-winner and helped lead the Wildcats to the national

championship. That season, she earned Pacific-10 Conference Player of the Year honors and was named to the All-College World Series Team after her one-hit, 13-strikeout performance.



Deb Hartwig
JustSOFTBALL Owner

Current Tournament Director for the most prestigious college events in the Nation, the Palm Springs Classic, Judi Garman Classic and the Worth Tournament. Deb was the assistant coach of Team Texas, a Women's Major Travel Ball team that placed 2nd in the 2000 ASA Nationals and 5th in the 2000 Canada Cup. Deb served as the assistant coach at San Diego State for 4 years and a season at Cal State

Fullerton.

Deb began her collegiate career at Saddleback Junior College in Mission Viejo, Ca. She received all-conference, all-region, and all-state honors, helping lead the Gauchos to the state championship. She earned her Associate of Arts degree in 1988 and was later inducted into the Saddleback College Hall of Fame. Deb continued her career at Cal State Fullerton. She graduated from Fullerton earning a Bachelor of Science Degree in Kinesiology.

Saturday & Sunday, Dec. 20th & 21st

Day 1 - Saturday

9am to Noon

Day 2 - Sunday

9am to Noon

Cost: \$90 for both days

Mt Sac Junior College Softball Field

Field is near corner of Grand and Temple

1100 N. Grand Ave

Walnut, CA. 91789

Athletes Name: _____ Ph. # _____ Emergency # _____

Address: _____ City: _____ State: _____ Zip: _____

Age: _____ Primary Pos.: PITCHER Experience: Rec Ball: _____ Travel Ball: _____ Team Name: _____

Emergency Info - Must be completed.

This form must be signed by parent or guardian to qualify athlete for participation.

I hereby release the camp staff, independent contractors, Deb Hartwig, Susie Parra, and the city from any loss, damages or personal injuries as a result of participation. I do hereby give my permission for a qualified physician, and/or hospital emergency room to administer necessary health care in the case of an accident and/or emergency. Each participant must be covered by his/her parents medical insurance before participating in any camp activities. This camp is not responsible for medical, dental, or other expenses resulting in an accident. I acknowledge that injuries and accidents can occur during camp activities, and I give my son/daughter permission to participate in the camp.

Read, Sign & Date:

Parent/Guardian Signature _____ Date _____

Parents Names: _____
Wk phone: _____
Cell Phone: _____
Cell #2: _____
Email: _____

Circle shirt size: YL ASM AMD ALG AXL
--

Fill out form and return to: JustSOFTBALL - Deb Hartwig
 925 Eucalyptus Dr. El Segundo, CA 90245
 310-466-0324 **Cost is \$90 Check or cash only! Sign-up deadline is Dec. 9th, 2008**