

Ball State Softball Camp

January 16, 2010

Registration

Please check the correct box:

Session I

☐ Pitcher

☐ Catcher

Session II

☐ Hitting

Session III

☐ Infield

☐ Outfield

1st Session\$60.00

all other sessions:

_____ X \$45.00 = \$ _____

Total.....\$ _____

Health Insurance:

The cost for treatment of injuries incurred during the camp is the responsibility of the parent or guardian of the participant. Any insurance carried by the parent or guardian may be used to defray such medical/hospital costs. An Athletic Trainer will be in attendance during all camp sessions.

Please sign the following waiver and release to be accepted to participate:

I hereby authorize the directors of Ball State Softball Clinics to act for me accordingly to their best judgment in any emergency requiring medical attention. I hereby waive and release instructors, Ball State Athletics, softball and Ball State University of all liability for any illness or injury while on the premises.

Parent/Guardian Signature



Ball State University
Softball Clinics - HP 240
Muncie, IN 47306-0935



Ball State University 2010 Winter Softball Camp

Home of the 2009
MAC Champions!



January 16th 2010

Session I – Pitcher/Catcher

Session II – Hitting

Session III - Defense

Ball State Softball Winter Clinics

Site: Ball State Field Sports Building

January 16, 2010

<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Pitcher/Catcher	Hitting	Deffense
9:00 a.m. - 11:00 a.m.	12:00 p.m. - 2:00 p.m.	2:30 p.m. - 4:30 p.m.

Cost:



Cost is \$60 for one session and \$45 for each additional session.

Please call (765) 285-3703 for group rates.

Clinic registration is due 14 days prior to camp date. If you miss the deadline, please call to check availability of registering the day of the camp. (765)285-3703.

We will email clinic confirmations.

Important Session Topic Information

Hitting: Emphasis on the fundamentals of the swing and swing breakdown. We will go into detail about the mental aspect of hitting and approach to at bats.

Pitching: Pitchers will work on fundamentals and pitch development. We will go over correct form for movement pitches and work on the mental approach to pitching. You must bring your own catcher.

Catching: Emphasis on footwork, receiving, blocking and throwing to all bases. We will also work on the mental approach for catchers.

Defense: Emphasis on the fundamentals of infield and outfield footwork and throwing techniques.

General Items to Bring:

Please come dressed for participation. Players must bring their own glove and bat and catchers must bring their gear. Wear gym shoes.

Camp Directors:

Head Coach Craig Nicholson - Coach Nicholson is in his 4th year as the Head Coach at Ball State University. Prior to Ball State he was at Central Arizona College where he compiled a 723-90 overall record as the Head Coach in 12 years. He guided the team to NJCAA National Championships in 1997, 1999, 2003 and 2005. Coach Nicholson was also named the NJCAA Coach of the Year in 1997, 1999, 2003 and 2005 plus was the National Fastpitch Coaches Association Junior College Coach of the Year in 1997, 1999 and 2005.

Assistant Coach Stephanie DeFeo - Coach DeFeo is in her 4th season as the Assistant Coach at Ball State with 11 years of coaching experience. Prior to Ball State she was the Head Coach at UNC Greensboro. She has experience working with all facets of the game.



www.ballstatesports.com



Ball State Softball Winter Clinic Application 2010

Name: _____

Address: _____

City: _____

State/Zip: _____

Yr in School: _____

Home Phone: _____

Cell Phone: _____

E-mail: _____

Parent/Guardian Signature

Please make payment to:

Ball State Softball Winter Clinics
Attention: Stephanie DeFeo
Assistant Softball Coach - HP 240
Muncie, IN 47306

Overnight Accommodations:

Best Western – 765-282-0600
Days Inn – 765-288-2311
Signature Inn – 284-4200

Campus Tours:

Call 1-866-770-3163 to set up a campus tour the morning before camp or after!

Questions?

Contact Assis. Coach Stephanie DeFeo
(765)285-3703 or stdefeo@bsu.edu