



2010 SUMMER FASTPITCH CLINIC

DATE: 3 days—Aug. 10 (Tues), Aug. 11 (Weds), and Aug. 12 (Thurs)
2:00-5:00pm each day

LOCATION: Redmond High School Softball & Baseball Fields-17272 NE 104th St.

COST: \$185

Hitting:

- Basic Fundamentals
- Swing Evaluation
- Slapping
- Bunting

Fielding Skills:

- Infield glove work
- Outfield foot work
- Throwing to bases

Pitching:

- Fundamentals of windmill pitching
- Increasing your velocity
- Mental aspects of pitching
- Movement and offspeed pitches

Baserunning:

- Sprinting techniques
- Leads and Returns
- Base Stealing

INSTRUCTORS:

Kimi Pohlman—U of W outfielder, 2009 Div.1 College World Series Nat'l Champion, All Tournament Team

Maggie Wagner—U of W infielder, former All –Kingco 1st Team, Player of the Year

Morgan Stuart –U of W infielder, 2009 Div. 1 College World Series Nat'l Champion, All Tournament Team

Erika Hendron—Western Washington University pitcher, former All-Kingco 1st Team, Pitcher of the Year

(More collegiate player/instructors will be added if number of campers require. Low camper to instructor ratio.)

REGISTRATION FORM

TO REGISTER, complete this form, make checks payable to *NW Lady Sharks* and mail to: NW Lady Sharks Fastpitch Softball , c/o Ingrid Hendron, 18302 NE 107th St, Redmond, WA 98052

Participant's Name _____

Participant Address _____

Participant Email Address _____

Participant Phone No. _____ Level: Beginner (8-11yo) ___ or Advanced (≥12) ___

Participant T-Shirt size Small _____ Medium _____ Large _____ (T-shirt included with pre-registration received by August 2nd.)

If you have questions, please Call Ingrid Hendron at: (425) 765-1255 or email: ing316@hotmail.com.

WAIVER:

Parents or guardians of all participants are requested to sign the following release. I/We assume all risks and hazards incidental to such participation and hereby waive, release, absolve, indemnify and agree to hold harmless the NW Lady Sharks Fastpitch Softball organization, instructors, their families, and persons representing this event for any claim arising out of any injury to myself or my/our child.

Parent/Guardian Signature _____ Date _____