



2011 SUMMER SOFTBALL CLINIC

Southington – For Girls Ages 8-16

Call 860-349-1771 or go to usaelitetraining.com

Location: Panthorn Park, Southington CT

Dates: Aug 15 - 18 (rain date 8/19)

Time: 9 am - 12 noon All Skills
12:30 - 3 pm Pitchers/Catchers

Age Group: 8 - 16

Clinic Directors: Jen Hapanowicz & Kim Gwydir

Clinic Fee: All Skills \$119
Pitchers/Catchers \$99 or Both \$199
(*registration after 6/30 - additional \$25 charge*)

Non-SGSL Players & Non-USA Elite Members
– **additional \$10 fee**

Clinic Staff & Format

Clinics will be instructed by the Directors, Jen Hapanowicz & Kim Gwydir and the USA Elite Training Softball Coaching Staff. Players will be broken up into skill and age groups during each clinic session.

Registration Due By July 25, 2011

All Skills Program

The daily program will emphasize the following skills: throwing, fielding, the short game and hitting. In addition, fundamentals of each position (double-plays, covering bases, cutoffs, etc.) and defensive and offensive strategies will be covered. This program includes base running, sliding, selecting the proper equipment for the individual position and live game situations.

Pitchers & Catchers Program

Each day the pitchers and catchers will spend the first half of the clinic separate working on specific skills for their position. The beginning pitchers will work on fundamentals of windmill pitching, mental aspect of pitching and how to field their position. The advanced pitcher will work on explosion and strengthening drill, spins for various pitches, how to set up batters and how to field their position. All pitcher speeds will be checked via radar gun and spin rotation via the Rev Fire. The catcher skill work will include learning the proper stances, framing, throwing techniques, blocking, pick off players, fielding bunts, passed balls and how to call a game.



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Name _____

Age _____ **Date of Birth** _____

Medical Waiver ___ yes ___ no **T'shirt Size** _____

Address _____

City _____ **State** _____ **Zip** _____

Parent's Names _____

Email _____

Home Phone _____ **Cell** _____

Cancellation Policy: 14 days notice or no refund, no make-up for illness.
Medical injuries with a Dr note-credit will be provided.

9 am-12 noon All Skills Clinic
 \$119 SGSL Players/USA Elite Members Rate*
 \$129 Non-Members*

12:30-3 pm Pitchers/Catchers
 \$99 SGSL Players/USA Elite Members Rate*
 \$109 Non-Members*
 pitcher catcher

Both Clinics
 \$199 SGSL Players/USA Elite Members Rate*
 \$209 Non-Members*

***Register after 6/30 additional \$25 charge**
Payment Options:

Check/Cash Visa/MC/Amex
CC #: _____
Exp Date: _____

Mail To:
USA Elite Training, LLC
45 Ozick Drive, Unit 16
Durham, CT 06422

OR REGISTER ONLINE AT
WWW.USAEELITETRAINING.COM