

# CHARLESTON SOUTHERN SOFTBALL CAMP

**SUNDAY, NOVEMBER 8, 2009**

(REGISTRATION BEGINS 30 MINUTES PRIOR TO SESSION)

## **FIELDING SESSION**

**1:00PM – 3:00PM**

PLAYERS WILL HAVE THE OPPORTUNITY TO LEARN FUNDAMENTALS OF INFIELD AND OUTFIELD PLAY. PLAYERS WILL ALSO HAVE THEIR ARM STRENGTH TESTED ON THE JUGS RADAR GUN WHILE ALSO TAKING A FULL INFIELD/OUTFIELD ROUND TO SHOW OFF THEIR SKILLS.

## **PITCHING SESSION**

**1:00PM – 3:00PM**

PITCHERS WILL LEARN PROPER PITCHING MECHANICS AND TECHNIQUES TO IMPROVE BOTH THEIR VELOCITY AND MOVEMENT. PITCHERS WILL HAVE THEIR PITCHES RECORDED ON THE JUGS RADAR GUN.

## **HITTING SESSION**

**4:00PM-6:00PM**

HITTERS WILL BE TAUGHT THE SAME HITTING FUNDAMENTALS BEING USED BY CHARLESTON SOUTHERN UNIVERSITY AS WELL AS THE CHICAGO BANDITS OF THE NATIONAL PRO FASTPITCH. HITTERS WILL ALSO HAVE THEIR HOME-FIRST AND HOME-HOME TIMES MEASURED AS WELL AS THEIR BAT SPEED.

### **CSU SOFTBALL CAMPS ARE OPERATED BY PROFESSIONAL INSTRUCTORS INCLUDING:**

**SHANE WINKLER**-HEAD SOFTBALL COACH-EXPERIENCE COACHING IN THE NATIONAL PRO FASTPITCH, FORMER PROFESSIONAL MINOR LEAGUE PLAYER.

**JESSICA WILLIAMS**-4-YEAR STARTER AT MARSHALL UNIVERSITY. 4-YEAR PROFESSIONAL PLAYER IN THE NATIONAL PRO FASTPITCH.

**MEGAN SMITH**-ASSISTANT COACH/PITCHING COACH AT CHARLESTON SOUTHERN. PLAYED 4 YEARS AT THE UNIVERSITY OF TENNESSEE. MEMBER OF 3 COLLEGE WORLD SERIES TEAMS WHILE AT TENNESSEE.

To reserve a spot email Head Coach Shane Winkler at [swinkler@csuniv.edu](mailto:swinkler@csuniv.edu).

*Cut on dotted line and bring to camp registration on day of camp.*

**\*Make checks payable to: Shane Winkler**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

HITTING (\$50) \_\_\_\_\_ DEFENSE/PITCHING (\$50) \_\_\_\_\_ BOTH SESSIONS (\$90) \_\_\_\_\_ GROUPS OF 5 OR MORE (\$80/EACH) \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ INS COMP: \_\_\_\_\_ POLICY # \_\_\_\_\_

EMERGENCY NAME: \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ CAMPER SIGNATURE \_\_\_\_\_

I understand and accept that the risk of injury is possible while playing the sport of softball. I hereby release and hold harmless Charleston Southern University and the CSU Softball Camp. \*None of the instructors are qualified as physicians. Participation in the camp is at your own risk. We urge you to consult with a qualified physician before the camp.