



# 2015 SUMMER SOFTBALL Clinic



## Monroe – For Girls Ages 8-16

**Call 203-439-0565 or go to [usaelitetraining.com](http://usaelitetraining.com)**

**Location:** Great Hollow Lake Monroe, CT

**Dates:** July 6-9 (rain date 7/10)

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

**Age Group:** 8 - 16

**Clinic Director:** Jen Hapanowicz

**Clinic Fee:** All Skills \$119  
Pitchers/Catchers \$99 or Both \$199  
(registration after 5/31 - additional \$25 charge)

**Non-Monroe Players & Non-USA Elite Members – additional \$20 fee**

### Clinic Staff & Format

Clinics will be instructed by the Directors, Jen Hapanowicz 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 1, 2015**

### All Skills Program



## 2015 Summer Softball Clinic Monroe – For Girls Ages 8 -16

**Name** \_\_\_\_\_

**Age** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**T'shirt Size** YM YL AS AM AL AXL

**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.

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.

**9 am-12 noon All Skills Clinic**

- \$119 Monroe /USA Elite Members Rate\*
- \$139 Non-Members\*

**12:30-3 pm Pitchers/Catchers**

- \$99 Monroe /USA Elite Members Rate\*
- \$119 Non-Members\*
- pitcher  catcher

**Both Clinics**

- \$199 Monroe/USA Elite Members Rate\*
- \$219 Non-Members\*

**\*Register after 5/31 additional \$25 charge**  
**Payment Options:**

Check/Cash  Visa/MC

CC #: \_\_\_\_\_

Exp Date: \_\_\_\_\_

**Mail To:**

USA Elite Training, LLC  
280 Schoolhouse Rd. Unit D  
Cheshire, CT 06410

**OR REGISTER ONLINE AT  
[WWW.USAEELITETRAINING.COM](http://WWW.USAEELITETRAINING.COM)**