#### **Iowa Softball Winter Clinics**

Take your game to the next level at the 2011 University of lowa Softball Winter Clinics. Open to every type of player in all grade levels, the lowa Softball Coaching Staff wants to help you enhance your softball skills.

Please see list below for which clinic or clinics you may want to attend.

### Pitching 1 (grades 4-12) Saturday January 15 9am-12pm

Players will learn to perfect pitches including: fastball and change-up. Players will also gain hands-on instruction about the purpose and strategy of each pitch from current softball coaches and pitchers. Participants must provide their own catchers!

### Pitching 2 (grades 6-12) Saturday January 15

Players will learn different grips used to perfect pitches including: drop, rise, and curve. Players will also gain hands-on instruction about the purpose and strategy of each pitch from current softball coaches and pitchers. Participants must provide their own catchers!

# Hitting 1 (grades 4-7) Sunday January 16 1-3pm

Participants will learn the proper fundamentals and techniques used to increase both power and average. In addition to hitting, lowa coaches and players will also teach various bunts including sacrifice, drag and suicide.

# Hitting 2 (grades 8-12) Monday January 17 9am-12pm

Participants will learn the proper fundamentals and techniques used to increase both power and average. In addition to hitting, lowa coaches and players will also teach various bunts including sacrifice, drag and suicide.

# Defensive Skills (grades 4-12) Sunday January 16

This is a clinic designed to cover mechanics, skills and dozens of drills to help improve play in the field. The campers will be divided based on grade and ability as well as infield and outfield so that everyone will get the most out of the clinic. There will be no pitching instruction during this clinic.

## Little Hawks (grades K-3) Monday January 17

This is a clinic for youngsters learning the basic fundamentals of softball. We will go over both offensive and defensive skills and build excitement for the game!!

### Registration

Complete application form and mail form and payment to University of lowa Softball. A confirmation packet will be sent by email to all registrants upon receipt of the completed application. Confirmation Packet will included directions to the bubble. Check in will begin 30 minutes prior to the start of each clinic.

#### What to Bring

Bat (if you have one), glove, and catchers gear if attending defensive clinic and/or you are catching for a pitcher and tennis shoes

#### What to Wear

Wear proper workout gear—sweatpants, sweatshirt, and any additional warm clothing may be needed. Be prepared for cool temperatures.

#### Refreshments

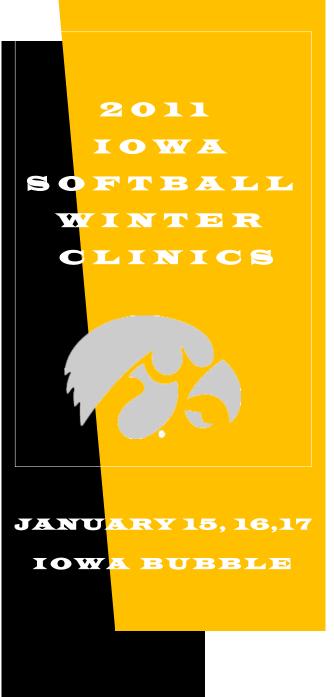
Water will be provided.

#### Facility

The University of Iowa Bubble is located on Evashevski Drive on the University of Iowa campus.

Per NCAA rules, all sport camps and clinics conducted by The University of Iowa are open to any and all entrants and enrollment is only limited based on age, grade level, gender, or number restrictions as specified by each camp.





## IOWA SOFTBALL WINTER CLINIC REGISTRATION

Name	
Address	
City State Zip	
E-mail Address	
Parent/Guardian Phone ()	
Grad. Year Grade	Position(s)
Check appropriate Clinic	
Pitching 1-January 15, 9am-12pm \$75	Return registration form, medical waiver and full payment to:
Pitching 2-January 15, 1-4pm \$75	Iowa Softball Clinic
Defense-January 16, 9am-12pm \$75	221 Carver Hawkeye Arena Iowa City, IA 52242
Hitting 1-January 16, 1-3pm \$50	Please direct all inquiries to: Stacey Johnson
Hitting 2-January 17, 9am-12pm \$75	319/335-9257 stacy-may@iowasoftball.com
Little Hawks-January 17, 1:30-3:30pm \$50	or Adrianna Baggetta 319-335-9962
TOTAL	adrianna-baggetta@iowasoftball.com
*Please subtract \$10 from your total if you will be attending	2 or more clinics.
NEW TOTAL	
**There will be no exceptions on registration based on grade	e. You must register for a clinic that matches the
correct grade.	
Make checks payable to: The University of Iowa	
Confirmation of Registration will be sent by e-mail. Please be sure to print registration form legibly and to include e-mail address!	700

EACH CAMP PARTICIPANT I	MUST HAVE THIS FORM COMPLETED
CAMPER	
BIRTH DATE / / SOCI	AL SECURITY NUMBER
SPORT	SESSION DATE
hereby assume the risks of personal injury tha about the sport, have previously participated in participating. As a participant and/or as a parer of Regents, State of Iowa and University of Iow iability for personal injury of property damage t	narticipate in the University of lowa Sports Camp Progran at may result from program activities. I am knowledgeabl the sport, and am aware of the potential for injury while it or guardian, I do hereby release the State of lowa Boa at, their officers, employees, and agents, from any and a hat may result from program activities. The University of or property damage which results from negligent acts or
I hereby authorize and give my consent icensed health professional to perform upon or	t to the health authorities of The University of Iowa or an administer to
Camper's/Student's Name	any reasonable, necessary surgical or medical
he medical or surgical procedures. This author mmunizations, injections, and minor operations sypchological emergencies involving psycholog hat responsive to the emergency will be reque- l agree to assume all costs related to s cenefits to The University of lows Student Heal Also, I authorize the disclosure of medical infor This permission is good only while the Jniversity of lowa and only until the student has understand the will be responsible for tunderstand that this camp. (Each camp Hereby give my consent to use the like surposes of promotional materials or any other	uch treatment. I authorize my insurance company to pay th Service or The University of Iowa Hospitals and Clinic mation to my insurance company for the purpose of clair student is attending the Sports Camp Program at The
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Student's Signature	Date
Name Parent/Guardian (print/type)	
Address	
City	Insurance Company
StateZip	Insurance Co. Address
Home Phone	
Nork Phone	Policy No.