

Summer Skills Camp

Grades: 3rd-7th

Date: June 26th, 2018

Times: Session 1: 10:00am-11:30am

Lunch: Please bring your own lunch or plan on purchasing a lunch from the Gustie Caf
Session 2: 12:30pm-3:30pm

Check in Time: 9:45am

Location: Gustavus Softball Field

Cost per Session:

Session 1: Pitchers and Catchers \$60.00

Session 2: Offense and Defense \$70.00

Both Sessions: \$110

Price Includes a Gustavus Softball T-shirt

Registration Due: June 22nd, 2018

Online Sign Up <http://www.gustavussoftballcamps.com>

Mail-In Sign Up

Please Write a Check to **Complete Game Fastpitch**

Attn: Britt Stewart

401 Grace Street

St. Peter, MN 56082

Equipment Needed: Pitchers please provide your own catcher. Catcher skills session and pitcher skills sessions will go simultaneously in different groups. If you are attending session 1 as a catcher, please bring your own gear. Other gear needed for session two: bat, cleats, glove, helmet, batting gloves, water bottle.

Note: Lunch will not be provided. Please bring your own lunch or plan on purchasing a lunch from the Gustie Caf.

Session 1:

Pitching

In this session, athletes will have the opportunity to work with the Gustavus Head Coach and pitching coach, Britt Stewart and current pitchers on proper fundamentals necessary for success on the mound. We will develop better form through emphasis on the powerline, leg drive, spin, arm circle and timing. Athletes will also learn new drills to help them improve their pitching on a daily basis to start building muscle memory and a pitching routine. This hour and a half will fly by as we learn new drills, mechanics and games to help increase accuracy, power and control.

Catching

The catching portion of the camp will be run by assistant coach, Kirsten Prunty and current Gustie catchers. Catchers will learn how to block, frame, receive and transfer the ball, throw down to bases, and position themselves behind the plate. They will also work on leadership behind the plate and the mentality to work with your

pitchers. In this hour and a half catchers will learn new drills to help them improve their fundamentals and have fun while doing so! The second half of this session, catchers will catch live and get to work on skills that they have learned with positive feedback.

Session 2: Session two will consist of both offense and defensive work. We will teach athletes proper hitting mechanics and drills to help their individual swings. Coaches and current Gustie softball players will work with athletes on different hitting drills through stations with motivation and engagement.

In addition to improving their offensive skills, campers will also have an opportunity to expand their defensive knowledge. We will help develop athlete's fundamentals through drills to help each athlete improve their throwing and fielding mechanics both in the outfield and infield. We will also use this time to work on agility and communication on the field. Our hope is that all athletes learn one new thing in this afternoon of fun!

Please reach out to Britt Stewart with any questions: coachstewart@gac.edu; 952-334-0116

**Please complete registration form and send full payment by check addressed to
Complete Game Fastpitch to:**

Britt Stewart

401 Grace Street
St. Peter, MN 56082

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

School Name: _____ Grad Yr/Grade: _____

Summer/Club Team: _____

Parent/Guardian: _____

Phone: _____

Camper/Parent Email: _____

Primary Position: _____

Secondary Position: _____

I am attending: _____ June 26th (Skills: 3rd-7th grade)

_____ June 27th (Advanced Skills: 8th-12th grade)

_____ Session 1 Only (\$60) _____ Session 2 Only (\$70) _____ Both Sessions (\$110)

Circle a Tshirt Size: Adult Small Adult Medium Adult Large

Adult Extra Large