



Carolina Comets/ MRD

Annual Spring Softball Clinic

Saturday, March 13, 2010

@ Lake Norman High School Softball Field

Player Clinic: 9:00AM - 4:00PM

Cost / Player: \$35(\$40 after March 1)

Who: Rising 1st grade – rising 8th grade

Note: other grades are welcome

Coach Clinic: 10:00AM - Noon

Cost / Coach: \$20(\$25 after March 1)

SKILLS THAT WILL BE COVERED:

(The examples listed will be covered, but the clinic will cover much more in each area)

Pitchers- Pitchers will be grouped according to experience.

Pitchers will work on: Fundamentals, Proper Mechanics, and Warm-Up Drills.

Based on the pitcher's skill level, how to increase Speed, Power, Accuracy. Learn Change-up!

Catchers- Catchers will be grouped according to experience.

Catchers will work on: Fundamentals, Stance, Receiving, Framing, Drop & Blocking, Pop Flies, Bunt pick-ups, Throw downs, Pick offs and Pop Times measured.

Infield- Infielders will work on Fielding Ground Balls, Throwing Techniques, Base Coverage, Bunt Coverage, and Slap Coverage.

Hitting- Fundamentals of a good hitter, Tee work, Coach Pitch, Breakdown of the swing will be covered and reviewed.

Outfield- Outfielders will work on Catching Fly Balls, Throwing Techniques, How to pick up a fly ball, Back-up fielders, Dive and Slide for catches, etc.

Base Running- Fundamentals of Running. Base Runners will learn how to Run Bases, Take Signs, Take Leads, Dive Back to the base, Sliding, etc.

Bunting- Fundamentals of how to Bunt, Bunt Placement, Drag Bunt, Push Bunt, etc.

Situational Play- How infielders do base coverage with throws coming from an outfielder. How and where outfielders throw the ball to a certain base.

Coaches- Fundamentals of Coaching, Preparation for a practice, what does a practice plan look like, Player Warm-up drills, How to keep a practice moving with no down time, How much offense and defense in a practice session, What type of drills to work on in practice, Give the players instant feedback on what they are doing right and what they need more work on.

Clinic will be conducted by Carolina Comets 16u Teal Staff (<http://www.eteamz.com/CarolinaCometsTeal/>)

Roger McGuffey – Coach of Carolina Comets Teal 16u and Assistant Coach @ LNHS

Carolina Comets Teal 16u Coaching Staff (3), includes Jeff Stamey Asst Coach at MHS

Carolina Comets Teal 16u Players (12)

Bob Hall - Head Softball Coach @ Lake Norman High School (LNHS)

Drop off form & Payment to:

Mooresville Recreation Offices
418 Carpenter Avenue
Mooresville, NC 28115

OR

Mail to: Mooresville Recreation Dept
PO Box 1455
Mooresville, NC 28115

Please make checks payable to **MOORESVILLE RECREATION DEPARTMENT (MRD)**

Please Note: CLINIC Registrations MUST be received 2 weeks prior to start of camp to avoid a \$5 late FEE.

Find a list of MRD Summer Sports Camps and Clinics online at MooresvilleRecreation.org

Softball Clinic Registration Form

Name _____ Amt Due Players \$35 / \$40 Coaches \$20 / \$25

(Players Only) Date of Birth _____ / _____ / _____

Address _____ School Attending 2009/10 _____
 (Street, Route or PO Box)

_____ Upcoming Grade _____ Age _____
 (City, State and Zip Code)

Parent / Guardian Name _____ Email _____

Best Phone # _____ Alternate # _____

Insurance Company _____ Policy # _____

Person to contact if parent/guardian cannot be reached in case of an emergency

Emergency Contact _____ Relation to Participant _____
 Phone # _____

I hereby give the above named player my permission to participate and be involved in the Mooresville Recreation and Parks Department – Carolina Comets Softball Clinic. By this authorization, I hereby approve of the program and accept the facilities, equipment, supervision and the instructor/coach as being satisfactory for the above named person. I have been given the opportunity to inspect the premises and equipment and have talked with the instructor/coach, or waive the right to do so. I understand that immediately prior to any activity involved in the clinic, I have the right to inspect the facilities or equipment and will notify the instructor/coach, supervisor or Mooresville Recreation Department of any objection to the supervision, instruction/coaching, facilities or equipment used in connection therewith. I hereby release the Town of Mooresville, Mooresville Recreation and Parks Department, their employees, and any Carolina Comets coach/instructor from any and all damages on behalf of the above named person and on my behalf, which would or could be based on the qualification of the instructor/coach or the adequacy of the supervision, facilities or equipment used in this 2010 Spring Softball Clinic.

Parent/Guardian Signature _____ Date _____ / _____ / _____

Drop off form & Payment to:

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 Mooresville, NC 28115

Mail to:

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Date Received _____	Check # _____ / Cash / Other
Total # of Camps _____	Total Amount Paid \$ _____

FYI Parents and Players ...

MRD and the Carolina Comets will also be offering the following summer softball camps. Please check one of the camps below if you are interested in receiving more information by email.

_____	August 2nd - 6th	Rising 1st - 5th graders	9am - 1pm	@LNHS Softball field	\$75
_____	August 9th - 13th	Rising 6th - 9th graders	9am - 1pm	@ LNHS Softball Field	\$75