

Name: \_\_\_\_\_  
Age: \_\_\_\_\_ Grade: \_\_\_\_\_  
Birthday (MM/DD/YY): \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_  
Emergency Phone: ( \_\_\_\_\_ ) \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Please check desired session(s):**

- Ages 12 & Under (8-10 a.m.)
- Ages 13-18 (1-3 p.m.)
- Beginner & Intermediate Pitching Clinic  
(10:15 a.m.-11:15 p.m.)
- Advanced Pitching Clinic (11:15-12:30 p.m.)

**Liability Release Form**

I, the undersigned, hereby release Mount Vernon Nazarene University from all liability of injury arising from participation of or incident to the above-named child at the Lady Cougar Softball Clinic. I also authorize Mount Vernon Nazarene University personnel to seek and obtain medical aid for said youth if in their judgement such action is warranted, should the child sustain an injury while participating in a team-sponsored softball activity. I further agree to subrogate them in any loss sustained by them personally out of my child's participation.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Please register one person per form.**

For more forms, copy this form, call (740) 397-9000, ext. 3103, or go online to [cougars.mvnu.edu](http://cougars.mvnu.edu).

**Cost: \$35 first session; additional sessions \$30 each**

Please enclose a check payable to MVNU Lady Cougar Softball Clinic.

**Mail registration and check to:**

Lady Cougar Softball Clinic  
Mount Vernon Nazarene University  
800 Martinsburg Road  
Mount Vernon, Ohio 43050



800 Martinsburg Road  
Mount Vernon, Ohio 43050

ADDRESS SERVICE REQUESTED



[cougars.mvnu.edu](http://cougars.mvnu.edu)

MOUNT VERNON NAZARENE UNIVERSITY



# MVNU

## LADY COUGAR SOFTBALL CLINIC

### ● LOCATION

The 2012 Lady Cougar Softball Clinic will be held at the Donoho Recreation Center on the MVNU campus (located within the Prince Student Union). The facility includes two gyms.

### ● EQUIPMENT

Attendees should wear appropriate softball attire for indoor play. Players will need to bring their own equipment, including:

- Glove
- Indoor shoes
- Batting helmet
- Bat

*Please clearly mark all personal items.*

### ● EMPHASIS WILL BE GIVEN TO THE FOLLOWING AREAS:

- Hitting instruction
- Pitching
- Defensive Skills

### ● CLINIC FEE

The fee for first session is \$35. Additional sessions are \$30 each. T-shirts will be available to purchase at the clinic for \$10 at the clinic.

### ● CLINIC DIRECTOR

Mount Vernon Nazarene University Softball Coach Jeana Howald will serve as the director of the Lady Cougar Softball Clinic. In her 22 seasons at MVNU, Howald has earned Mid-Ohio Conference Coach of the Year in 1992 and the NCCAA East Region Coach of the Year honors in 1995, 1997, 1998, 2001, 2003, 2004, 2007, and 2009. Coach Howald will be assisted by Lady Cougar assistant coaches and players.

### ● PITCHING

There are three levels of pitching - beginners, intermediate, and advanced.

The beginners will learn the basic motion and fundamentals of throwing fastpitch.

The intermediate group will learn basic pitches beyond the fastball (e.g., change-up, screw ball, and drop ball).

During the advanced clinic, we will teach advanced pitches and concepts (e.g., curve, rise, and other pitches, along with situations of when to throw certain pitches) to the group.

*\*Catchers are strongly recommended.*

## LADY COUGAR SOFTBALL CLINIC

The 2012 Lady Cougar Softball Clinic is designed to teach and strengthen both fundamental and advanced skills, techniques, and mechanics required to excel in the game of softball. Participants will receive instruction on several aspects of the game through individual and group instruction.

Techniques and concepts taught at the clinic are intended to broaden each person's knowledge of the game and provide a solid foundation of fastpitch softball skills for safe, proper, and effective play.



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<b>Ages 13-18</b>	1-3 p.m.
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