

2009 LADY COUGAR SOFTBALL CLINIC

Name: _____

Age: _____ Grade: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Home Phone: (_____) _____

Emergency Phone: (_____) _____

E-mail: _____

Purchase a t-shirt: Yes No (\$10 per shirt, order by Feb. 23)

Shirt Size: (youth) S M L (adult) S M L XL

Please check desired session(s):

(\$35 session/ \$30 Additional Session)

Ages 12 & Under (8-10 a.m.)

Ages 13-18 (2-4 p.m.)

Catching Clinic (10:15-11:30 a.m.)

Pitching Clinic - Beg./Int. (10:15-11:30 a.m.)

Pitching Clinic - Advanced (11:45 a.m.-1:30 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.

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



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Mount Vernon, Ohio 43050

ADDRESS SERVICE REQUESTED



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MARCH 7, 2009

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cougars.mvnu.edu

Ages 12 & Under	8-10 a.m.
Ages 13-18	2-4 p.m.
Catching Clinic	10:15-11:30 a.m.
Beginner/Int. Pitching Clinic	10:15-11:30 a.m.
Advanced Pitching Clinic	11:45 a.m. -1:30 p.m.

The 2009 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.

EMPHASIS WILL BE GIVEN TO THE FOLLOWING AREAS:

- Hitting instruction
- Pitching
- Catching
- Defensive Skills

LOCATION

The 2009 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 and outdoor play. Players will need to bring their own equipment, including:

- Glove
- Indoor shoes
- Batting helmet
- Bat (optional)
- Catcher's gear (if applicable)

Please clearly mark all personal items.

CLINIC DIRECTOR

Mount Vernon Nazarene University Softball Coach Jeana Howald will serve as the director of the Lady Cougar Softball Clinic. In her 19 seasons at MVNU, Howald has compiled a 426-326 overall record and 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, and 2007. Coach Howald will be assisted by coaches Les and Rhonda Randolph, Lady Cougar assistant coaches, Lady Cougar players, and coaches from the central Ohio area.

PITCHING*

There will be two pitching clinics. The Beginner/Intermediate Clinic will be divided into two groups. The beginners will learn the fundamentals of throwing fastpitch. The intermediate group will learn proper form and delivery of basic pitches.

The Advanced Clinic is for pitchers who wish to build their pitching repertoire. Advanced pitches will be emphasized.

** Catchers are strongly recommended.*

CATCHING

The Catching Clinic will focus on proper defensive techniques and will include instruction on stance, blocking balls, pop-ups, and throwing to bases.

CLINIC FEE

The fee for **first** session is \$35. Additional sessions \$30 each. T-shirts available for \$10. Order by February 23.

