

## 2010-11 Messiah Softball Pitching Clinic application

(Please Print)

Please check appropriate lines:

Session I – Nov. 7,14,21 1-2 pm \_\_\_\_ 2-3 pm \_\_\_\_

Session II – Jan. – Feb.

6:40pm \_\_\_\_ 7:40pm \_\_\_\_ 8:40 pm \_\_\_\_

8 :40pm (gym time only) \_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_ Grade \_\_\_\_ Parent Name \_\_\_\_\_

Phone \_\_\_\_\_ Work phone \_\_\_\_\_

e-mail \_\_\_\_\_

(must have email – we send all confirmation via email)

**Skill level:** Please check one:

Beginner (never pitched before)

Int. I (Have done some pitching but need work on fundamentals, including change-up)

Int. II (Focus on learning drop, curve, screwball, rise)

Advanced (This level will be working on improving spin pitches and speed - you must be able to throw all pitches with control before coming to the clinic)

Insurance Carrier of Athlete

The student named above has my permission to participate in the designated Messiah College one day clinic. I understand that clinic participation may involve significant physical activity which could result in injury. I certify that the child is in good physical condition and is fully able to participate. I assume all risk incident to the child's participation and release Messiah College, its employees, agents, officers and volunteers from all liability, claims, expenses, and actions which may arise from injury or harm to the child as a result of clinic participation. In the event of a medical emergency, I authorize Messiah College to designate a physician or hospital or emergency personnel to provide medical care (including hospitalization, if necessary) to the child, and release Messiah College from any liability for injury or harm to the child which may result from this medical care. I understand that responsibility for payment for such medical care will be mine and certify that the child is covered by adequate medical insurance.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Please include any significant medical history

Please tear off and return with your deposit of \$20.00 by Nov. 1<sup>st</sup>. or January 5<sup>th</sup> if attending Jan. session only.

### MESSIAH COLLEGE SOFTBALL

One College Avenue

P.O Box 4501

Grantham, PA 17027

# MessiahCollege Softball Pitching Clinic

7 time

MAC Conference Champions

6 NCAA Tournament bids

3 NCAA DIV. III Final 8 appearances

2009 National Champions



**Nov. 7,14,21 - 3 week session**

**Jan. 7<sup>th</sup> thru Feb 11<sup>th</sup> - 5 week session**

Several sessions to choose from

Cost: Nov. session - \$45

Jan. session - \$70

Attend both for \$100



## Introduction:

The Messiah College Falcons will once again be hosting the Falcon Pitching Clinic. Our clinic staff is excited to provide you with an opportunity to learn more about the sport of fast pitch softball!!!!

Our goal is to teach you skills that will make you a better pitcher, but also to show you how to have fun doing it!

## Clinic Highlights:

- ◆ Low athlete-to instructor ratio
- ◆ Top quality pitching instruction
- ◆ Top notch facility with high quality instructional aides
- ◆ Several Collegiate All-Americans on staff

Space is limited so register early and reserve your spot!

For more information contact  
Amy Weaver  
at (717) 766-2511 ext 2160

## General Clinic Information:

### 2 sessions to choose from:

November 7, 14, 21 – 3 week session on Sunday afternoons from 1-3pm.

Cost is \$45

Jan. 7, 14, 21, Feb. 4, 11 – 5 week session on Friday nights – times to choose from 6:40, 7:40 and 8:40pm

Cost is \$70

Cost to attend both sessions is \$100

### Beginner

Designed for a pitcher who is either just beginning to pitch, or who has never had any fundamental instruction. They will learn the beginning mechanics of pitching

### Intermediate I

Designed for a pitcher who has less than two years experience in both clinical instruction and game situations. Focus will be on mechanics and learning/ improving change-up.

### Intermediate II

Designed for a pitcher who has more than 2 years experience in both clinical instruction and game situations. Each week, you will be able to select the pitch you would like to work on

### Advanced

Designed for a pitcher who throws fundamentally sound. She has the ability to throw the ball 50 MPH and faster. We will concentrate on throwing all the different pitches and perfecting them.

### Open Gym time (Friday nights only)

Ideal for travel team pitchers, or anyone looking for a place to pitch in the winter. Bring the entire pitching staff!

## Clinic Instructors:

### Amy Weaver (Camp Director)

As Head Coach for Messiah College, Amy brings with her a long line of experience and tradition with the college over the last eighteen years. Coach Weaver attended Messiah, graduating in 1999, she earned 1st Team MAC honors. Amy has also conducted other pitching clinics in PA and MD. She is three time MAC coach of the year and earned the NCAA East Region Coach of the year honors in 1999 as well as Coaching staff of the year in 2009.

### Alex Quigley (Assistant Director)

Alex has been teaching pitchers for over twelve years. He is the Messiah College pitching coach and runs the pitching clinic at Messiah. He was formerly the Boiling Springs Head Coach for nine years where he was a very successful coach. He continues to run pitching clinics and give private pitching lessons to some of the top pitchers in the area

### Messiah College Athletes

Messiah athletes have a long tradition of excellence. Currently four team members are All-Conference Honorees and two team members are NCAA Regional All-Americans.

## Registration Information:

A \$20 non-refundable fee should be sent in with the registration form by Nov. 1st or Jan. 5th if attending the second session only. Please send to:

Messiah College Softball  
One College Avenue, Box 4501  
Grantham, PA 17027