

ALL SKILLS CAMP

Hitting Fundamentals:

Stations and drills that will reinforce the appropriate grip of the bat, stance and weight distribution, stride, hip rotation, and follow-through.



Fielding Fundamentals:

Proper mechanics will help fielding techniques through throwing form, defensive situations and steps to make fielding quicker.



PITCHER/CATCHER CAMP

- Each pitcher and catcher will receive individual instruction.
- Mechanics of each pitch will be taught according to ability level.
- Warm-up and take-home drills will be given.
- Each pitcher should bring a catcher along.



The Morningside College experience cultivates a passion for life-long learning and a dedication to ethical leadership and civic responsibility.

CAMP REGISTRATION

_____	All Skills January 24, 2010 Noon to 3 p.m.	(\$50)
_____	Pitcher/Catcher January 31, 2010 Noon to 2 p.m.	(\$50)
_____	Both	(\$100)

Name: _____

Age: _____

Phone #: _____

Cell #: _____

T-Shirt Size:

Youth: _____

Adult: _____

ABILITY LEVEL:

_____ Beginner

_____ Intermediate

_____ Advanced

A waiver of liability will need to be signed the first day of each camp.

Morningside Mustangs Softball Camps



All Skills Camp
January 24, 2010
Noon - 3 p.m.

Pitcher/Catcher Camp
January 31, 2010
Noon - 2 p.m.
Hindman-Hobbs HPER Center
\$50 per camp



MORNINGSIDE
COLLEGE

Softball
Morningside College
1501 Morningside Avenue
Sioux City IA 51106

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a passion for life-long learning and a dedication
to ethical leadership and civic responsibility.*

