



2016 SUMMER SOFTBALL Clinic

Sponsored by SGSL

Southington – For Girls Ages 8-16



Call 203-439-0565 or go to usaelitetraining.com

Location: Panthorn Park, Southington CT

Dates: Aug 8-11 (rain date 8/12)

Time: 9 am - 12 noon All Skills
12:30 - 3 pm Pitchers/Catchers

Age Group: 8 - 16

Clinic Directors: Jen Hapanowicz, Kim Gwydir, and Meg Godwin

Clinic Fee: All Skills \$119
Pitchers/Catchers \$99 or Both \$199

Non-SGSL Players & Non-USA Elite Members
– additional \$20 fee

Clinic Staff & Format

Clinics will be instructed by the USA Elite Training Softball Coaching Staff. Players will be broken up into skill and age groups during each clinic session.

Additional \$25 fee for all registrations after 7/1.

All Skills Program

The daily program will emphasize the following skills: throwing, fielding, the short game and hitting. In addition, fundamentals of each position (double-plays, covering bases, cutoffs, etc.) and defensive and offensive strategies will be covered. This program includes base running, sliding, selecting the proper equipment for the individual position and live game situations.

Pitchers & Catchers Program

Each day the pitchers and catchers will spend the first half of the clinic separate working on specific skills for their position. The beginning pitchers will work on fundamentals of windmill pitching, mental aspect of pitching and how to field their position. The advanced pitcher will work on explosion and strengthening drill, spins for various pitches, how to set up batters and how to field their position. All pitcher speeds will be checked via radar gun and spin rotation via the Rev Fire. The catcher skill work will include learning the proper stances, framing, throwing techniques, blocking, pick off players, fielding bunts, passed balls and how to call a game.



2016 Summer Softball Clinic

Southington – For Girls Ages 8 -16

Name _____

Age _____ **Date of Birth** _____

T'shirt Size (select one) YM YL AS AM AL AXL

Address _____

City _____ **State** _____ **Zip** _____

Parent's Names _____

Email _____

Home Phone _____ **Cell** _____

Cancellation Policy: 14 days notice or no refund, no make-up for illness.
Medical injuries with a Dr note-credit will be provided.

☐ **9 am-12 noon All Skills Clinic**

- ☐ \$119 SGSL /USA Elite Members Rate*
☐ \$139 Non-Members*

☐ **12:30-3 pm Pitchers/Catchers**

- ☐ \$99 SGSL/USA Elite Members Rate*
☐ \$119 Non-Members*

☐ pitcher ☐ catcher

☐ **Both Clinics**

- ☐ \$199 SGSL/USA Elite Members Rate*
☐ \$219 Non-Members*

***Register after 7/1 additional \$25 charge**
Payment Options:

☐ Check/Cash ☐ Visa/MC

CC #: _____

Exp Date: _____

Mail To:

USA Elite Training, LLC
280 Schoolhouse Rd. Unit D
Cheshire, CT 06410

OR REGISTER ONLINE AT
WWW.USAEELITETRAINING.COM