



# 2016 SUMMER SOFTBALL Clinic

Sponsored by Little League

**Waterford** – For Girls Ages 8-16

**Call 203-439-0565 or go to [usaelitetraining.com](http://usaelitetraining.com)**

**Location:** Waterford Little League South Complex Waterford, CT

**Dates:** Aug 1-4 (rain date 8/5)

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

**Age Group:** 8 - 16

**Clinic Directors:** Jen Hapanowicz and Meg Godwin

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

*Non-Waterford 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.



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

### ☐ **12:30-3 pm Pitchers/Catchers**

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

☐ pitcher ☐ catcher

### ☐ **Both Clinics**

- ☐ \$199 Waterford/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](http://WWW.USAEELITETRAINING.COM)**