**Softball Sunday**

Skills Clinic

**Date:** Sunday, July 23rd

**Location:** Mifflinburg Area High School Softball Field

**Cost:** $75.00 per player

**Who:**

* *1st session-* open to non-high school players
* *2nd session-* open to high school players

**Clinic Timeline**

* Session #1 (all non high school players)
  + Registration: 8:30am-9am
  + Time: 9am-12:30pm
* Session #2 (all high school players)
  + Registration: 12:30pm-1pm
  + Time: 1pm-5pm

**Instructed by Softball Collegiate Athletes**

A person holding a baseball bat

Description automatically generated with medium confidenceA person in a baseball uniform

Description automatically generated with low confidence

A person throwing a softball

Description automatically generated with low confidenceA person swinging a baseball bat

Description automatically generated with low confidence

Libby Whittaker- Played at NC State

Jaden Keister- Plays at Messiah University

**Layout of Sessions**

1. Defensive portion: Infield and outfield mechanics and drills.
2. Offensive portion: Breaking down the swing and working on proper mechanics of hitting.
3. The Mental Game portion: Breaking down the mental side of the game of softball and how to develop the best mindset as a softball player.

Vanessa Martin-Played at Mount St. Mary’s University

Delaney Good- Plays at Lock Haven University

* **Registration will take place a half an hour before the start of each session.**
* **Please bring appropriate equipment (bats, helmets, gloves, mouth guard etc.) P.S. helmets are available as needed.**

**HOW TO REGISTER**

* Fill out Registration Form and send to Tone1632@yahoo.com.
* Cash or Check accepted at registration on Softball Sunday.
  + Checks made payable to Ron Hernandez
    - Address: P.O. Box 129 Laurelton Pa 17835.
* REGISTRATION DUE BY JULY 15th
* For any clarification on registration please contact Jaden Keister at 570-217-4407.

Feel free to contact Vanessa Martin for any additional questions you may have about the clinic at 570-765-1640

Registration Form

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle Session choice:

Session #1: 9am-12:30pm   Non-High School age

Session #2: 1pm-5pm Player that will be entering High School in 2023 and older.

(If you are a younger player that would like to be considered for session 2 please contact Jaden 570-217-4407)

Circle Primary defensive position:     Infield   or   Outfield

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (for clinic confirmation and additional information): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle Form of Payment: CHECK CASH

Clinic Payment and Contact Information

Email: Tone1632@yahoo.com

Phone: Jaden Keister - 570-217-4407

Mail: Pay to- Ron Hernandez

Address- P.O. Box 129 Laurelton Pa 17835