

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

T-Shirt Size (Adult sizes) S M L XL

ONLINE REGISTRATION AVAILABLE AT:  
[csssbccamps.com](http://csssbccamps.com)

**Session 1 - Grades 6-8**

January 22 & 29

- \_\_\_\_\_ Pitching .....12:00-1:15 pm
- \_\_\_\_\_ Catching .....12:00-1:15 pm
- \_\_\_\_\_ Hitting .....1:30-2:45 pm
- \_\_\_\_\_ Defensive Skills.....3:00-4:15 pm

**Session 2 - Grades 9-12**

February 5 & 12

- \_\_\_\_\_ Catching ..... 11:00 am -12:30 pm
- \_\_\_\_\_ Pitching ..... 12:00 -1:30 pm
- \_\_\_\_\_ Defensive Skills.....1:30-3:00 pm
- \_\_\_\_\_ Hitting .....3:00-4:30pm

- **Medical Information forms must be completed BEFORE the start of camp session.**
- **No REFUNDS will be allowed after January 16.**

\*Make Checks Payable to: **CSS Softball**

Send Registration, Consent form & Camp Fee to:

Jen Walter, Head Softball Coach  
 The College of St. Scholastica  
 1200 Kenwood Ave.  
 Duluth, MN 55811

**COST - Grades 6-8**

- One Skill ..... \$40**
- Two Skills ..... \$75**
- Three Skills..... \$100**

**COST - Grades 9-12**

- One Skill ..... \$50**
- Two Skills ..... \$90**
- Three Skills..... \$120**

\*Camp T-Shirt Included, to those who pre-register by January 16

**What to bring:**

- ✓ Indoor, non-marking shoes
- ✓ Pitchers must have someone to catch for them
- ✓ Bat and helmet
- ✓ Catcher bring full catchers gear

All sessions will be held at:

***Burns Wellness Center***

on the campus of  
The College of St. Scholastica

Duluth, Minnesota

Directions available at:

<http://www.css.edu/About/Maps-and-Directions.html>

**QUESTIONS?**

Contact Jen Walter at:  
 Phone: 218-723-6422  
 Fax: 218-723-5958  
 Email: [jwalter@css.edu](mailto:jwalter@css.edu)



**FUNDAMENTAL  
 SOFTBALL  
 SKILLS  
 WINTER  
 CAMP**

**Grades 6-8  
 January 22 & 29**

**Grades 9-12  
 February 5 & 12**



**The College of  
 St. Scholastica  
 Softball**

Duluth, Minnesota

### Camp History and Philosophy

This is the 11th year of the St. Scholastica softball camps. Our goal is to present the fundamentals of the game in a way where each participant feels they gain knowledge and/or learn skills and drills to make them a better player.

Aside from offering our usual winter and fall camps this past November we brought in Alabama head coach Patrick Murphy and Loyola-Chicago head coach Missy Beseres to put on a well received Offensive Skills and Pitching Camp and Coaches Clinic.

We have served more than 1000 softball players from Minnesota, Wisconsin, Michigan, South Dakota, North Dakota and Canada.

All camps are run by St. Scholastica Head Coach Jen Walter. Walter is in her 13th year at St. Scholastica. She is joined by Rilee Dawson, who was a 3rd team NCAA All American at CSS. She is in her 5th season as the pitching and assistant coach.

In 2011 the Saints earned the Upper Midwest Athletic Conferences' first automatic bid to the NCAA Championship, by going 3-0 in the conference tournament. They went on to go 1-2 at the regional tournament and completed the season with a 29-15 record.

## Session 1 Grades 6-8 Jan. 22 & 29

- 12:00 - 1:15 ..... Pitching
- 12:00 - 1:15 ..... Catching
- 1:30 - 2:45 ..... Hitting
- 3:00 - 4:15 ..... Defensive Skills

## Session 2 Grades 9-12 Feb. 5 & 12

- 11:00 - 12:30 ..... Catching
- 12:00 - 1:30 ..... Pitching
- 1:30 - 3:00 ..... Defensive Skills
- 3:00 - 4:30 ..... Hitting

### PITCHING:

- Basic pitching mechanics
- Drills to increase speed and develop control
- Development of change up and movement pitches

### CATCHING:

- Throwing mechanics and footwork
- Receiving/framing and pitch calling
- Blocking
- Plays at the plate
- Pick offs and throw downs
- Catchers will work with and without pitchers

### HITTING:

- Basic hitting principles
- Variety of drills ranging from dry swings and tee work to pitching machine work
- Bat control—bunting and location hitting
- Hitting for power
- Situational hitting

### DEFENSIVE SKILLS:

- Throwing mechanics
- Ground ball mechanics and footwork
- Position play
- Outfield Throwing Mechanics
- Outfield angles and drop steps
- Outfield communication

Medical Information must be sent BEFORE the start of camp.

Campers Name \_\_\_\_\_

In case of emergency, contact \_\_\_\_\_

Emergency contact phone # \_\_\_\_\_

Medical conditions the youth program staff and medical emergency services personnel need to be made aware of: \_\_\_\_\_

I wish to register my minor child named above and consent to my child's participation in the winter softball camp sponsored by the Department of Intercollegiate Athletics at The College of St. Scholastica during the winter of 2012.

I recognize that participation in recreational and instructional activities, even when well supervised and managed, poses a risk of physical injury to my child, and I agree to assume such a risk on behalf of my child.

I understand that children registered for the CSS Softball winter camp will receive instruction in the basic principles of softball and will spend a significant amount of time practicing and performing sporting techniques under the supervision of experienced instructors, and I consent to my child's participation in this program.

I consent to the use of video recordings and photographs of my child's participation in CSS softball winter camp.

I certify that my child has no medical condition or impairment, including the use of medication that might inhibit his participation.

### RELEASE OF LIABILITY

I, the undersigned, hereby hold The College of St. Scholastica harmless from liability for any and all medical and/or accident expenses which my minor child may incur during his/her involvement in the fall sports camps The College of St. Scholastica. I hereby certify that my child is provided coverage via personal health and accident insurance in affect which is sufficient to cover any and all of the expenses, noted above which might occur.

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

Print Parent/Guardian Name \_\_\_\_\_

Date \_\_\_\_\_