REGISTRATION FORM

PLEASE REGISTER ME FOR:

___  Course #1201 Hitting Lessons
     9:30 - 11:30 a.m.

Name: ____________________________
Age: _______ Grade: ____________
Address: ________________________
City: ___ State: ___ Zip: ________
Phone: __________ Shirt size: ______
Email: ________________________

PAYMENT OPTIONS:

___  Cash  ___  Check/Money Order
___  PayPal

MAKE CHECKS PAYABLE TO:
Ohio University Chillicothe Softball
101 University Drive
Chillicothe, OH 45601

$45.00 per session registration fee (Please pre-register by contacting the Head Coach at 740.649.8804.)

CONTACT

SOFTBALL HEAD COACH
George Beck
740.649.8804
beckg@ohio.edu

LADY HILLTOPPER SOFTBALL CLINIC
DECEMBER 29, 2018

OHIO UNIVERSITY
CHILlicoTHE
LADY HILLTOPPER SOFTBALL CLINIC

The Lady Hilltopper Softball Clinic is designed to teach and strengthen the fundamental skills, techniques, and mechanics required to excel in the game of softball. Each participant will receive training through drills and group instruction.

Techniques and concepts taught at the clinic are intended to broaden each person’s knowledge of the game and provide a solid foundation of fastpitch softball skills for safe, proper, and effective play. Emphasis will be given to the following:

- Bunting
- Hitting mechanics
- Slapping (Right-hand & left-hand)

WHAT YOU WILL LEARN

The hitting will cover fundamental mechanics of the proper grip, stance, and the linear and rotational aspects of the swing. Bunting and slapping will also be covered.

COURSES & SCHEDULES

COURSE #1201  Hitting (ages 8 - 16)  
9:30 - 11:30 a.m.

There is a 20 participant limit for the hitting session. The session will begin with warm-ups and overhand throwing.

Then, players will rotate through multiple hitting stations. Stations will include a tee station, bunting station, stick bat station, and the batting cage.

REGISTRATION INFO

TRAINING SITE:
Ohio University Chillicothe  
Shoemaker Center Gymnasium  
101 University Drive  
Chillicothe, OH 45601

RETURN REGISTRATION FORM TO:
Lady Hilltopper Softball Clinic  
Ohio University Chillicothe Athletics  
101 University Drive  
Chillicothe, OH 45601

REFUNDS:
All refunds are subject to a $20.00 processing fee and must be requested a minimum of three business days prior to the clinic. Fees for registrants canceling less than three working days in advance are non-refundable.

EQUIPMENT:
Attendees should wear appropriate softball attire for indoor play. Players will need to bring their own equipment including:

____  Bat (optional)
____  Batting helmet  
____  Glove

*Please clearly mark all personal items you plan to bring to the training event.