

REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Grade \_\_\_\_\_

Payment Included:

- 9-1pm Session \$75
- Pitching or Catching \$35  
(please circle Pit. Or Cat.)
- Both Sessions \$100

(includes a T-Shirt)

T-Shirt Size: (please check one)

Youth XL  Adult Sm

Adult Med  Adult Lg

Adult XL



*Rachael Powers*  
*Head Softball Coach*  
*Wheaton College*  
*26 East Main St*  
*Norton, Ma 02766*

*(508) 286-3360 Office*  
*(508) 286-3323 Fax*

*powers\_rachael@wheatonma.edu*

**\*\*Concession stand will be available\*\***

***PRE-SEASON  
 CLINIC***  
***FEBRUARY 21st***  
***9-1PM***



***One day  
 review of  
 skills and  
 demo's before  
 your season  
 begins***



## SCHEDULE:

### 9 - 1 pm CLINIC

8:30 Check In

9-9:30 Dynamic Warm Up

9:30-12:30:

Throwing

Infield

Outfield

Base Running

Hitting

Conditioning

12:30-12:45 Snack Break

12:45-1:00 Drill Demo's from the  
Wheaton College Team

### Pitching & Catching Clinic

1:15 - 2:30pm: All pitching levels

1:15 - 2:30pm: All catching levels

**\*\*pitchers must supply their own catcher. Someone that is not involved with the catching clinic\*\***

Dear Players & Parents,

As the Head Softball Coach at Wheaton College, I would like to invite you to join our one day pre-season all skills clinic.

We will break down six different aspects of the game including a dynamic warm up and conditioning session from former Merrimack College Standout and Wheaton assistant coach, Heather Sargent. Sargent is a NABF Certified Personal Trainer who is currently working for Fitness Together as well as NAVIDAS running strength & conditioning programs for young athletes.

Our focus in these six areas will be to loosen you up and sharpen your skills while showing some helpful drills for you to take into your upcoming seasons.

We look forward to having you join us for pre-season, as well as during the summer for our over night camp, Skills & Drills. The camp will be held at Wheaton from July 5-9th, 2009. Information for the summer camp will be out during the spring.

Thank You & Enjoy

*Rachael Powers*

### DIRECTIONS:

#### From Boston & Northern New England:

Take 93 to 495 South, follow 495 to exit 10; **turn onto 123 West. Follow for 1.5 miles. Turn left onto Pine St. Take your first right and follow road past dorms, Haas will be on your left in less than 3/4 mile**

#### From Western Mass:

Take Mass Pike to exit 11A (495 South) Follow directions above

#### From Providence and So. New England:

Take 195 North to exit 6A (495 South) Follow directions above

## Softball Clinic Liability

I hereby waive and release this Softball Clinic and Wheaton College from any and all liability for injuries or illness incurred while my daughter is at this clinic.

In case of emergency, I authorize the physicians at Sturdy Memorial Hospital to administer treatment to any injury or illness for my daughter's best welfare.

Attendees should be covered by their parent's insurance. Please enter your insurance information and sign off that you agree to the above.

Insurance Company:

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Policy #

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Parent or Guardian's Signature & Date

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Please tear off and send your liability and registration forms along with your **NON-REFUNDABLE** check of \$35, \$75 or \$100 to:

*Wheaton College Athletics - Softball*

*Rachael Powers*

*26 East Main St*

*Norton Ma 02766*