

Proehlfic Park Summer Softball Camp, 2009

Who: Girls, ages 7 to 18

When: July 20th-23rd

Ages 7-11 - Morning Session (9:00 am-12:00 pm): (11 year old travel softball players may choose the afternoon session with confirmation from travel softball coach)

- Each participant will receive instruction on the proper mechanics/fundamentals of throwing, fielding and hitting (including a personalized hitting session) & a t-shirt.

Ages 12-18 - Afternoon Session (1:00 pm-4:00pm)

Each participant will receive instruction on the proper mechanics/fundamentals of:

- Throwing
- Fielding (Infield and Outfield)
- Hitting (Including at least ONE-ON-ONE personalized session)
- Base running (Including sliding & stealing)
- Pitching Fundamentals
- Catching Fundamentals
- Situational defense (both sessions)
- Situational offense (afternoon session)
- Recruiting Talk
- And a camp t-shirt

Softball Game Day: Thursday, July 23rd (Umpired softball games. Parents welcome!!)

What do players need to wear / bring?

- Sunscreen!
- Glove

- Comfortable workout clothing
- Cleats AND Tennis Shoes

Players can also bring their own softball equipment such as helmet, bat, slide guards etc.

How do I register/Sign up?

Campers can register by completing the Summer Camp Registration Form on the Proehlfic Park website (www.proehlficpark.com). Although the form will say "\$158 for members and \$128 for non-members" our fees are as listed below.

How much does it cost?

\$88 for members and \$98 for non members.

