

Winter Softball Schools - December 27-28, 2008

Location: Grand View College Wellness Center

BreakThrew Fastpitch and Grand View College Softball invite you to attend our Winter Softball Schools. A School for Pitching and a School for Hitting/Utility will be offered for girls in 3rd-12th grades. If you are interested in attending be sure to get your registration in quickly to ensure your spot as space will be limited! We hope to see you soon!

Pitching School

This is a 6-hour, intense learning opportunity for a pitcher interested in improving all aspects of her game. The enrollment will be limited to the first 30 pitchers who register in each age group to ensure that the instructor to pitcher ratio stays no higher than 1-10. The lead instructor for this school will be Myndie Berka, owner of BreakThrew Fastpitch. She will be assisted by the current Grand View College pitching staff. Pitchers will work on basic fundamentals, drills to increase speed and power, change-ups and movement pitches. It is not necessary to bring a catcher for the Pitching School. The cost is \$125 for the 6-hour session. Athletes signing up for the Hitting/Utility School also will receive a discount of \$25 on each school or will pay \$200 for 12-hours of training (6 hours pitching and 6 hours of hitting/utility)!

Grades 3rd-6th: 9:00 am – Noon, December 27 & 28

Grades 7th-12th: 1:00 - 4:00 pm, December 27 & 28

Hitting/Utility School

This 6-hour school will focus equally on improving hitting and utility skills. The enrollment will be limited to the first 30 athletes who register in each age group to ensure that the instructor to athlete ratio stays no higher than 1-10. The lead instructor for this school will be Lou Yacinich, Head Softball Coach, Grand View College. He will be assisted by current Grand View College players. Hitting will focus on swing mechanics, ways to improve power and bat speed, bunting, and hitting off-speed pitches. Utility skills covered will include overhand throwing technique, defensive skills, base running and sliding. The cost is \$125 for the 6-hour session. Athletes signing up for the Pitching School also will receive a discount of \$25 on each school or will pay \$200 for 12-hours of training (6 hours pitching and 6 hours of hitting/utility)!

Grades 3rd-6th: 1:00 – 4:00 pm, December 27 & 28

Grades 7th-12th: 9:00 am – Noon, December 27 & 28

Registration Form

Athlete's Information:

Name: _____ Age: _____ Grade: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

School Attending: _____ T-shirt Size: YM YL AS AM AL AXL

Parents: _____ Home Phone: _____

Cell Phone: _____ Work Phone: _____

E-mail (this will be used for registration confirmation): _____

How did you hear about the Winter Schools? _____

- I/We, the parent(s) understand and appreciate that participation in fastpitch softball school carries risk of serious injury to my/our participating child, including permanent disability, paralysis, or death, and protective equipment does not prevent all injuries to participants.
- I/We voluntarily and knowingly acknowledge, accept, and assume these risks.

Parent/Guardian Signature: _____ Date: _____

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Pitching School:	Grades: 3-6 _____	9:00 am – Noon	Cost: \$125
	Grades: 7-12 _____	1:00 – 4:00 pm	Cost: \$125

Hitting School:	Grades: 3-6 _____	1:00 – 4:00 pm	Cost: \$125
	Grades: 7-12 _____	9:00 am – Noon	Cost: \$125

Both Schools:	Grades: 3-6 _____	9:00 am – 4:00 pm	Cost: \$200
	Grades: 7-12 _____	9:00 am – 4:00 pm	Cost: \$200

Lunch Both Days (optional) Turkey _____ Ham _____ Roast Beef _____ Cost: \$10
(Sack lunch with 2 sandwiches - pick 1 type of meat, fruit, chips, snack, and water)

Total Due: _____

Make checks Payable to: Myndie Berka

Return registration forms and full payment to: Myndie Berka, 67497 180th Street, Nevada, IA 50201

Confirmations will be sent by e-mail no later than December 15th. Specific details on what to bring, check-in time and other relevant information will be included in your confirmation e-mail. Please direct any questions about the Winter Schools to Myndie Berka at myndie@breakthrewfastpitch or 615-542-4660. A full refund will be given if the camp is already full when your application is received. Refunds will not be given for no shows that were confirmed to attend!