



Seton Hill University Softball

Elite Exposure Clinic

September 8th or 29th, 2019

Grades 8-12

Seton Hill University - Softball Complex
(Rain Location: Makenna/Sullivan Gym)

The one-day exposure clinic will be held as an opportunity for student athletes to demonstrate their skills and ability while also receiving targeted instruction from the current Seton Hill University Softball Coaching Staff and Players.

Cost:

\$35.00 per session

\$10.00 Live Action Game

Pick Three Package - \$75.00

(Includes- 2 Instructional Sessions (Defensive, Offensive, or Pitching) and Live Action Game)

Group Discounts Available – Please contact jstrong@setonhill.edu for details.

Defensive Session – 9:00 am to 11:00 am

This session will include technical instruction related to defensive skills, broken down into infield, outfield, and catching.

Offensive Session - 9:00 am to 11:00 am or 1:30 pm to 3:30 pm

This session will involve hitting instruction focused on developing and improving stance, swing mechanics, and the transfer of power. The session will incorporate a variety of drills and instruction involving tee work, front toss, and side toss. Spaces are limited to 30 spots per session.

Live Action Game - 11:30 am to 1:00 pm

Compete in a Live Action Game to promote your skills in front of the Seton Hill University Coaching Staff while receiving strategic gameplay instruction. Spaces will be limited per position.

Pitching Session - 1:30 pm to 3:00 pm

This session will include instruction related to pitching fundamentals/mechanics and developing spin/power. ***Pitchers must provide their own catcher***

(In the event of inclement weather the session times may be altered)



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Registration Information:

Name: _____
 Email: _____ Cell Phone: _____
 Address: _____
 Graduation Year: _____ High School: _____
 Travel Ball Organization: _____
 Parent(s) names: _____
 Emergency Contact Name & Phone Number: _____

 Primary Position: _____ Secondary Position: _____

Cost:

\$35.00 per session
 \$10.00 Live Action Game
 Pick Three Package - \$75.00
 (Includes- 2 Instructional Sessions (Defensive, Offensive, or Pitching) and Live Action Game)

Session Selection:

_____ September 8th, 2019 _____ September 29th, 2019

Please select your desired session(s), athletes can only participate in one session per block.

Pick 3 Package – Please select 1 session per block

<u>BLOCK 1</u>	<u>BLOCK 2</u>	<u>BLOCK 3</u>
<u>9 am – 11 am</u> _____ Defensive Session _____ Offensive Session	<u>11:30 am – 1:00 pm</u> _____ Live Action Game	<u>1:30 pm – 3:00 pm</u> _____ Pitching Session <u>1:30 pm – 3:30 pm</u> _____ Offensive Session

Total Payment Included: _____

Check Number: _____

Registration & Cash or Check Payment can be mailed to:

Jessica Strong
 Seton Hill University
 1 Seton Hill Drive – 287K
 Greensburg, PA 15601

Please make checks payable to:

Seton Hill University Softball

Registration and Payment Options are available online.