



Seton Hill University Softball

High School Skills Clinic
February 1st and 2nd, 2020
High School Graduation Years: 2020-2024
Seton Hill University - Makenna/Sullivan Gym

The two-part skills clinic will be held as an opportunity for student athletes to receive targeted instruction from the current Seton Hill University Softball Coaching Staff and Players.

Session Offerings

Feb. 1st

Catching Session - 4:00 pm to 6:00 pm

This session will provide fundamental and advance techniques focused on blocking, pitch receiving, throw downs, and catcher presence/command of the game.

Pitching Session – 6:00 pm to 7:30 pm

This session will be limited to 10 participants to maximize individual instruction related mastering specific spin pitches, mental approach for game day, and situational pitch calling. There will be a 2:1 pitcher to coach ratio for this session.

Due to the nature of this session, all Pitchers must provide their own catcher. Please contact jstrong@setonhill.edu if you would like to be connected with participants from the catching session

Feb. 2nd

Hitting Session - 9:00 am to 11:30 am

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.

Defensive Session – 11:45 am to 1:00 pm or 1:00 pm to 2:15 pm

This session will include technical instruction related to defensive skills. This session will focus on mechanical technique to maximize efficiency and consistency in both infield and outfield positions.

Pitching Session - 2:30 pm to 4:00 pm

This session will include instruction related to pitching fundamentals/mechanics and developing spin/power.

Due to the nature of this session, all Pitchers must provide their own catcher



SOFTBALL

Seton Hill University Softball

High School Skills Clinic

February 1st and 2nd, 2020

High School Graduation Years: 2020-2024

Seton Hill University - Makenna/Sullivan Gym

Registration Information:

Name: _____

Email: _____ Cell Phone: _____

Address: _____

Age as of Clinic Date: _____ Graduation Year: _____

High School: _____

Travel Ball Organization: _____

Parent(s) names: _____

Emergency Contact Name & Phone Number: _____

Primary Position: _____ Secondary Position: _____

Session Selection:

Pitching Session Packages

- COST: \$150.00**, 2 - Day Exposure Complete Package (Pitching Session Feb. 1st, 6 pm – 7:30 pm, Feb. 2nd, 2:30 pm – 4 pm, & Hitting/Defensive Package: Make Defensive Selection Below)
- COST: \$125.00**, 1 - Day Exposure Complete Package (Pitching Session Feb. 2nd, 2:30 pm – 4 pm, & Hitting/Defensive Package: Make Defensive Selection Below)
- COST: \$95.00**, 2 - Day Exposure (Pitching Session Feb. 1st, 6 pm – 7:30 pm & Feb. 2nd, 2:30 pm – 4 pm)
- COST: \$60.00**, 1 - Day Exposure (Pitching Session Feb. 2nd, 2:30 pm – 4 pm)

Catching Session Packages

- COST: \$125.00**, 2 - Day Exposure (Catching Session, Feb. 1st, and Hitting/Defensive Package: Make Defensive Selection Below)
- COST: \$60.00**, 1 - Day Exposure (Catching Session, Feb. 1st, 4 pm – 6 pm)

Hitting and Defensive Sessions Package

Feb. 2nd

- COST: \$75.00**, Hitting Session (9:00 am – 11:30 pm), and select 1 - Defensive Session below:
 - Defensive Session 1 (11:45 am – 1:00 pm)
 - Defensive Session 2 (1:00 pm – 2:15 pm)

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.
Additional CC fees apply.**