

## Wellesley Softball Clinic – Registration Form

Please Print Legibly:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Position your daughter will play at the clinic: \_\_\_\_\_

School: \_\_\_\_\_ Email (required) \_\_\_\_\_

**Please check off Clinics your daughter will attend.** These are progressive clinics but attending one is also acceptable.

**March 8th** \_\_\_\_\_ \$75.00

**March 15th** \_\_\_\_\_ \$75.00 or \$140.00 for both clinics.

From 3-4pm all participants will split up. They have a choice to work on Pitching skills, Catching skills or Defensive skills.  
Please specify her position of choice.

Please Return Registration Form and check (payable to Wellesley Softball) by March 7th, 2009 to:

**Keri O'Meara, Head Softball Coach, Wellesley College, 106 Central St. Keohane Sports Center, Wellesley, MA 02481**

Softball players will experience benefits from this *progressive* clinic that will include:

- **Dynamic Warm up**
- **Hitting Mechanics/Drills**
  - Confidence in the box
  - Proper stance
  - Hitting stages
  - Drills, drills, drills
- **Pitching**
  - Pitching mechanics
  - Increase pitch repertoire
  - Control and accuracy
  - Drills to increase speed
- **Catching**
  - Receiving/blocking
  - Framing
  - Throw-downs, bunts
  - Catching specific drills
- **Defensive Positional Play**
  - Proper throwing mechanics
  - Infield/Outfield glove work
  - Proper fielding mechanics
  - Strategy/situational play

**March 8th and March 15<sup>th</sup> Schedule**  
**1-3pm Offensive Skills (ALL)**

**3-4pm Pitchers, Catchers and Positional Play**  
**Participant will choose pitching/catching or positional play**

DOES YOUR DAUGHTER WANT TO LEARN FROM THE WELLESLEY COLLEGE SOFTBALL TEAM



**Progressive Softball Clinics offered on:**

**Sunday**  
**March 8<sup>th</sup> and March 15<sup>th</sup>**  
**1-4pm**

*Softball Players ages 7-17 are welcome to attend.*

Registration will take place in the Keohane Sports Center starting at **12:30pm.**

*Participants should wear sneakers and athletic attire. Please bring a glove, bat (if you own one), and catching gear if your daughter will participate in the catching session.*

*All participants need the risk waiver signed and can bring it with them on the day of the clinic.*

Additional clinic details will be sent via email after your registration form and check are received.

Sorry, no refunds after March 5th!

Enrollment is limited and is...  
**FIRST COME, FIRST SERVE!**

## QUESTIONS?

Contact: Head Coach,  
Keri O'Meara

781-283-2126  
komeara@wellesley.edu

## Directions to Wellesley

### **From the West**

Take the Massachusetts Turnpike to Exit 14 (Weston). Take Interstate 95/Route 128 South for 1/2 mile to Exit 21B (Route 16). Follow Route 16

West for 2.9 miles to a stoplight (5-way intersection) in the town of Wellesley; go straight on Route 135 (West). At the third traffic light turn left into the main entrance of the College. Follow signs for "Keohane Sports Center."

### **From the East**

Take the Massachusetts Turnpike (Interstate 90) to Exit 16 (West Newton). Follow Route 16 West for 4.7 miles to a stoplight (5-way intersection) in the town of Wellesley; go straight on Route 135 (West). At the third traffic light turn left into the main entrance of the College. Follow signs for "Keohane Sports Center."

### **From the North**

Take Interstate 95 (Route 128) South to Exit 21B (Route 16 West). Follow Route 16 West for 2.9 miles to a stoplight (5-way intersection) in the town of Wellesley; go straight on Route 135 (West). At the third traffic light turn left into the main entrance of the College. Follow signs for "Keohane Sports Center."

### **From the South**

Take Interstate 95 (Route 128) North to Exit 21B (Route 16 West). Follow Route 16 West for 2.9 miles to a stoplight (5-way intersection) in the town of Wellesley; go straight on Route 135 (West). At the third traffic light turn left into the main entrance of the College. Follow signs for "Keohane Sports Center."

## **Wellesley Softball Strength Training Clinic**

### *Assumption of Risk Waiver*

Upon registering in the 2008 Wellesley College Lacrosse Clinic, I assume all risks attendant thereto and, further, I for myself, my personal representatives, and heirs and assigns, do hereby waive, release, and forever discharge as so hereby indemnify and hold harmless the promoter and coordinator of the clinic, Wellesley College agents, employees, and representatives of Wellesley College of and from all claims and actions of any kind for personal injury and property damage, or either of them, arising out of my participation in the event whether the same takes place in our out of the facility, or before, during or after the event. I have read and understood the agreement.

Name of Participant: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

