

Wellesley Softball Strength Training Clinic – Registration Form

Please Print Legibly:

Name: _____ Address: _____
City: _____ State: _____ Zip: _____ Phone: _____
Age: _____ Grade: _____ Sport: _____
School: _____ Email (required) _____
Parent/Guardian Name: _____ Parent's Email: _____

Please check off Clinics your son/daughter will attend:

Feb. 27th _____ \$50.00 March 6th _____ \$50.00 March 13th _____ \$50.00 or \$135.00 for all three clinics.

Please Return Registration Form and check (payable to Wellesley Softball) by Feb. 23, 2009 to:

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

**Athletes will experience
benefits from this clinic that
will include:**

- *Dynamic warm up*
- *Exercises to enhance speed, agility, & quickness*
- *Explosive movements to maximize power and first step*
- *Fundamental techniques for exercises to maximize strength building*
- *Injury prevention exercises*
- *Increased balance and flexibility*

The clinic will be designed by Assistant Softball Coach Lacy Gillotti. Lacy is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. She has experience working with a broad range of athletes at different levels and various sports. In addition, she has served as a strength and conditioning coach for the Professional New England Riptide.

***Boys and Girls Ages
12-18 are welcome to attend***

**DOES YOUR ATHLETE
WANT TO BECOME
STRONGER, FASTER, AND
PREVENT INJURIES?**



**Progressive Performance
Enhancement Clinics**
offered by the
Wellesley College Softball Team

*February 27th - 5:30-6:30pm
March 6th - 5:30-6:30pm
March 13th 5:30-6:30pm*

***Athletes from all sports are
invited to attend.***

Registration will take place in the Keohane Sports Center starting at 5:15pm for all three clinics.

Participants should wear sneakers and athletic attire. 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 February 27th!

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

QUESTONS?

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: _____

