

Sign-up Form

Take advantage of early bird prices!

Recruiting seminar for participants only. RSVP needed.

		Prices Thru		After
January 23, 2010				
<input type="checkbox"/> Coaches Clinic	11:00am	30.00	35.00	
<input type="checkbox"/> Off/Def ages 8-12	1:30pm	65.00	75.00	
<input type="checkbox"/> Off/Def ages 13-18	5:00pm	65.00	75.00	
February 20, 2010				
<input type="checkbox"/> Recruiting Seminar	11:00am	NC	NC	NC
<input type="checkbox"/> Pitching Grades 3-6	1:30pm	80.00	85.00	90.00
<input type="checkbox"/> Pitching Grades 7-12	5:00pm	80.00	85.00	90.00
<input type="checkbox"/> Catching All Levels	1:30pm	70.00	75.00	80.00
<input type="checkbox"/> Catching All Levels	5:00pm	70.00	75.00	80.00

Name: _____

Address: _____

Phone: _____

T-Shirt: AS AM AL AXL AXXL

Email: _____

Coaches Clinic!!

1/23/10
11:00 - 1:00

Northwestern University's asst coach and 2X Olympian, Lauren, will be giving coaches a different perspective and suggestions on working with today's softball player. Coaches will receive a packet of suggested drills.

Recruiting Clinic!!

2/20/10
11:00 - 1:00

Myndie will be putting on a clinic for participants 8th grade and above. Myndie has been placing players for 14 years at a variety of different schools. She will be uncovering the do's and don'ts of the recruiting process.

Space is very limited!

Mail in your check and registration to secure your spot!
Registration also available online via paypal

<http://www.kellen.net/storm>

Payable to: Storm Softball
c/o Susan Wood
4178 View Point Dr
Mineral Point, WI 53565

Southwest WI Storm
c/o Susan Wood
4178 View Point Dr
Mineral Point, WI 53565
Address Correction Required

[CUSTOMER NAME]
[STREET ADDRESS]
[ADDRESS 2]
[CITY, ST ZIP CODE]

3rd Annual Snow "Storm"

Softball Clinics

Hosted by

Southwest Wisconsin Storm

January 23, 2010 &
February 20, 2010

To be held at:

[MAC Center](#)

411 Prairie Heights Dr.
Verona, WI 53593



Pitching with Myndie Berka
Catching with Doe Denmon
Offense/Defense
with Lauren Lappin

Phone: (608)574-0739

Clinic Web site:

[HTTP://www.kellen.net/storm](http://www.kellen.net/storm)

Email: swwistorm@yahoo.com





Offense/Defense and Coaches clinic

Lauren Lappin

2x Olympian and '09 National team.
Northwestern University

The enrollment will be limited to the first 40 players who register in each age group.

Players will work on the following:

- Hitting mechanics
- Slapping
- Bunting
- Communication
- Fielding mechanics
- Throwing
- Defensive footwork
- Base running
- Offensive strategies

For those of you who sign up for any clinic you will not be charged for the recruiting clinic.



Pitching and Recruiting Clinic

Myndie Berka

Owner, [BreakThrew Fastpitch](#)

This is a 3-hour, intense learning opportunity for a pitcher interested in improving her skills.

The enrollment will be limited to the first 24 pitchers per group.

Pitchers will work on:

- Proper Mechanics
- Drills to increase speed and power
- Change-ups
- Improving Movement spins
- Pitcher/catcher communication

It is not *necessary* to bring a catcher for the pitching school. If time allows pitchers and catchers will pair up so inform your catcher of the catching clinic.

A good pitcher requires and equally skilled catcher.



Catching Clinic

Doreen Denmon

Club K Instructor

This is a 3-hour, intense learning opportunity designed for beginners through advanced catchers. Doe will integrate skills for all levels of abilities.

The enrollment will be limited to the first 18 catchers in each group.

Catchers will work on the following:

- Basic fundamentals
- Stance
- Receiving
- Framing & Blocking
- Bunt pick ups
- Throw downs & Pick offs
- Pitcher/catcher communication

If time allows at the end of the session pitchers and catchers will pair up and work together on the skills they will have learned during the clinic.

A good pitcher requires an equally skilled catcher.

