

Medical Information

Date of last Tetanus Immunization: _____

Any allergies to medication: If so, list

Any conditions physicians should be aware of

Persons to notify in case of emergency:

Emergency phone numbers:

Cell () _____

Family health insurance policy number, company name and Address

PLEASE READ CAREFULLY... I hereby authorize any medical treatment which may be advised/recommended by the attending physician while at East Tennessee State University. I acknowledge and understand that in participating in this camp, the possibility exists that my daughter may sustain physical illness/injury (minimal, serious, catastrophic), in connection with this camp. I indemnify and hold harmless East Tennessee State University as well as its representatives, from any claims for personal illness or injury that my son/daughter may sustain during camp. If you have any questions, please call the Softball Office (423) 439-4279.

_____ (signature)

**Please make checks payable to:
(cash, check, or money order only)**

ETSU Softball

P O Box 70707

Johnson City, TN 37614

**P 423-439-4279, F 423-439-8581,
roberta@mail.etsu.edu**

East Tennessee State University

Softball Office

Po Box 70707

Johnson City, TN 37614



East Tennessee Softball Clinics

pride.attitude.character.teamwork

Speed and Power

Nov. 7th

Coaches College

Jan. 16th

Pitcher, Catcher,

Hitter

Jan. 23rd &

30th



Registration Form

Name _____

Address _____

Phone _____ home

_____ cell

Age _____ Shirt Size _____

Parent/ Guardian(s) _____

Email _____

(you will receive an email to confirm your registration)

School / Team _____

Sessions Attending: Please check all that apply

Nov. 7th 12 under Slapping/ Hitting

Nov. 7th 13 and up Slapping/ Hitting

Jan. 16th Coaches College _____

Jan. 23rd Pitching Session _____(color)

Jan. 23rd Catching Session _____

Jan. 23rd Hitting Session _____

Jan. 30th Pitching Session _____(color)

Jan. 30th Catching Session _____

Jan. 30th Hitting Session _____

Nov. 7th session will be split with hitters and slappers. Please circle which you will be attending because you will not be able to do both.

Pitching Colors

pink 1 year or less no private instruction

gray 1-3 years with no private instruction

gold 3-5 years with private instruction

blue 5 years or more with private instruction

Clinic Details and Important Info

**Coach's College Saturday January 16th 9:00 am
until 3:30 pm (lunch will be provided)**

Cost: \$65 per coach includes lunch, t shirt, and notebook! Check-in 8:30 am

Registration Deadline: January 14th

(payment in full or a non refundable \$30 deposit is due at this time to cover the cost of the notebook that must be prepared in advance)

**Location: Humphrey's Center in Mini Dome on
ETSU's campus**

Pitcher, Catcher, Hitter Clinics

Ages 12 and under January 23rd

Ages 13 and up January 30th

Schedule: Pitcher/ Catcher Session 9-11:30 am

Hitter Session 12:30-3:00

(lunch will not be provided)

Cost: \$35 per session includes t shirt

Check-in 30 min prior to session start time!!!

Registration Deadline: 12 under Jan. 20th

13 and up Jan. 27th

A \$15 deposit per session is due by the deadline listed. This camp has reached capacity in the past so please register early to secure your spot!

Location: The Edge Indoor Facility

T shirts are provided at all camps!

An athletic trainer will be on site for all camps.

Please go to www.etsubucs.com/info/camps

for more details and directions to all camps!

We are excited to add a new clinic to our schedule.

**The speed and power clinic will help both types of hitters take their game to the next level. Slappers will work on their speed and mechanics from the left side of the plate, while hitters will develop the explosive power they need to drive the ball in the gaps. This clinic will also focus on explosive strength training for all types of hitters. Every athlete can get faster and stronger and we will help you prepare for your upcoming season at this clinic. Please bring your bat! Location: The Edge Indoor Facility
**Nov. 7th 9:00 am-11:30 am Ages 12 and under
Cost \$35 Check in: 8:30 am**
**Nov. 7th 12:30 pm-3:00 pm Ages 13 and older
Cost \$35 Check in: 12:00 pm**
Registration Deadline \$15 deposit due Nov. 4th**

The Coaches College has been a success in the past because we provide all the knowledge and materials you need to help prepare your team for the upcoming season. All coaches will be given a notebook containing all the information we use in our program at ETSU. It will be a hands on clinic where we will discuss every aspect of the game including nutrition, strength training, pitching, catching, infield, outfield, hitting, base running, slapping, game strategy, practice organization, mental training, and much more! We are here to serve you and enjoy sharing with others how to enhance their programs at every level.

**The 2 most important positions on defense are Pitcher and Catcher. The beginner and advanced will both increase their ability and mechanics at this clinic. Each player will receive one on one instruction from our staff and players. It is designed to show you what it takes to play these positions at the next level.
Pitchers bring glove, Catchers bring all gear!**

The Hitting Clinic will not only cover the mechanics of the swing and drills to enhance them, but also speed and core training to help the physical part of your offensive game.

Please bring your bat!