

## Registration Form

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

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

Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_

### T-Shirt Size (Adult Sizes):

Small    Medium    Large    X-Large

### I would like to register for

(1/2, 1/9, 1/23, 1/30)

\_\_\_ Hitting Session 1: 5:30-6:30

\_\_\_ Hitting Session 2: 6:30-7:30

\_\_\_ Hitting Session 3: 7:30-8:30

\_\_\_ Pitching Session 1: 5:30-6:30

\_\_\_ Pitching Session 2: 6:30-7:30

\_\_\_ Pitching Session 3: 7:30-8:30

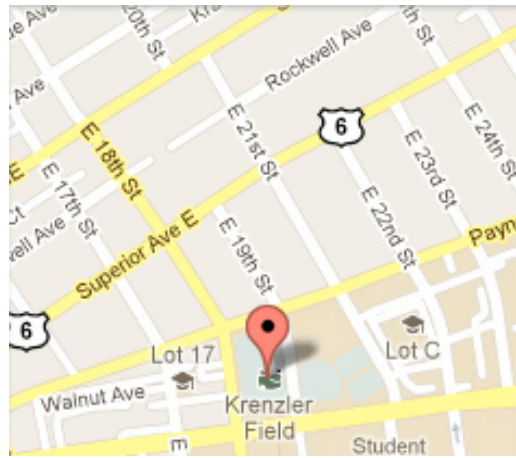
Total Cost: \$ \_\_\_\_\_

Please make hitting checks payable to Stephanie Taylor and pitching clinic checks payable to Courtney Pruner.

To register, please send this form along with payment to:

Stephanie Taylor  
2451 Euclid Avenue  
PE 329  
Cleveland, Ohio 44115

Questions? Please call Stephanie Taylor at the Cleveland State softball office at 216-687-5095 or e-mail at S.Taylor04@CSUOhio.edu.



The Camp will be held in the indoor practice facility located at Krenzler Field on the CSU campus.

- From I-71 northbound, I-77 northbound and I-90 eastbound, exit at East 22nd/East 14th Street exit (#162B). Turn left on East 22nd Street and continue three blocks to Euclid Avenue (Viking Hall located on corner). Turn left on Euclid and drive to 18th Street. Turn right on 18th and continue two blocks to Krenzler Field (Located on right).

- From I-90/Shoreway westbound, exit at Chester Avenue (#173B), turn right on Chester and continue past the tennis courts and softball field to Krenzler Field at 18th Street.

- From I-90 eastbound, exit at East 22nd/East 14th Street exit (#162B). Turn left on East 22nd Street and continue three blocks to Euclid Avenue (Viking Hall on corner). Turn left on Euclid and drive to 18th Street. Turn right on 18th and continue two blocks to Krenzler Field (Located on right).

- From the Shoreway eastbound, exit at Chester Avenue (#173B), turn right on Chester and continue past the tennis courts and softball field to Krenzler Field at 18th Street

- Parking is located at 18th and Chester Avenue and Payne Avenue.



**SOFTBALL PRESENTS...**

## 2012 Hitting & Pitching Clinics @ Krenzler Dome

**January 2**

**January 9**

**January 23**

**January 30**

Instruction will be led by the Cleveland State Coaching Staff and members of the 2012 Softball team.

## Clinic Info

Hitting and Pitching Clinics will be held for ages 8-18. The clinics will be held Monday nights on January 2, January 9, January 23 and January 30.

Each session will be approximately one hour. Please arrive at least 15 minutes prior to your session for registration.

## Cost

\$115, (Multiple Session/Sibling Discount = \$100 per session per athlete), and includes all four Monday sessions and a camp shirt.

**Registration is limited so act quickly!**

## Pitching

Whether you are just getting started with pitching and learning the proper pitching mechanics or you are looking to add another moving pitch to your arsenal, the four week session will help you take your pitching game to another level.

### What you will need:

Glove  
Bring your own catcher  
An OPEN mind to learn  
Tennis shoes or molded cleats  
NO metal cleats.

### BEGINNER Pitching Session 1: 5:30-6:30 p.m.

- Mechanics of the Fastball

Warm-up Routines • Drills to Increase Speed

### INTERMEDIATE Pitching Session 2: 6:30-7:30 p.m.

- Change-up • Increasing Speed
- Gaining Accuracy and Control of the Fastball

### ADVANCED Pitching Session 3: 7:30-8:30 p.m.

- Increasing Fastball Speed • Change-up
- Moving Pitches

## Hitting

You will learn the mechanics of linear hitting with rotation to become a more powerful and explosive hitter. We will discuss stance, load, stride, upper/lower body mechanics, importance of bat speed, contact point and pitch selection.

\* If you would like to sign up for hitting and pitching, you can sign up for different sessions because each session is catered towards each individual.

### What you will need:

Bat and/or Batting Gloves  
An OPEN mind to learn  
Tennis shoes or molded cleats  
NO metal spikes.

### BEGINNER Hitting Session 1: 5:30-6:30 p.m.

Learn the basic mechanics and fundamentals of linear hitting.

### INTERMEDIATE Hitting Session 2: 6:30-7:30 p.m.

Learn how to improve both your strengths and weaknesses of linear hitting while incorporating bat whip.

This session will advance quicker through the hitting techniques.

### ADVANCED Hitting Session 3: 7:30-8:30 p.m.

Refine your hitting mechanics, while doing collegiate drill work. Learn to hit with more power by understanding your body mechanics.

## Catching

If interested in catching clinics contact Stephanie Taylor at 216-403-4558. Clinics will be held on Sunday mornings and afternoons starting at \$40/hour.

## Instructors

### Hitting/Catching Instructor Assistant Coach, Stephanie Taylor

Stephanie Taylor, a 2003 Cleveland State graduate, returns to CSU for her fifth season as an assistant coach for former teammate Angie Nicholson. Taylor will primarily work with hitters and catchers while also assisting with recruiting. During her first four seasons on the Viking coaching staff, Taylor has helped lead CSU to four straight seasons of 29 or more wins, including a 44-win campaign in 2010. She has also guided the Vikings to three trips to the Horizon League Championship title game, with the first league crown in program history coming in 2009. Prior to CSU, Taylor served as a graduate assistant at Central Michigan during the 2003-04 season, where she helped the Chippewas to a 32-19 record, the regular season Mid-American Conference Championship and a berth in the NCAA Regional. A two-time second team all-conference selection, Taylor was also a four-year letterwinner, earning the 2003 Most Outstanding Player on the team award. Taylor was also recognized for her scholastic achievements, receiving the Faculty Athletic Representative's Special Academic Achievement Award in 2003 while also being named to the Verizon Academic All-District squad. A .344 hitter with 18 RBI as a sophomore (52-151), Taylor hit .283 as a junior (34-120), scoring 10 runs and driving home 19. She closed her career in grand fashion, winning the Horizon League batting title by going 52-for-157 (.331) with a team-high 24 RBI and 19 walks. Taylor graduated as CSU's career leader in doubles (37), third in batting average (.319), and fourth in hits (163). She completed her coursework for a master's degree in sport management from Cleveland State in 2008.

### Pitching Instructor: Assistant Coach, Courtney Pruner

Former Ohio State star Courtney Pruner, a two-time All-Big 10 selection, was named an assistant softball coach at CSU in 2011. Pruner's main responsibilities include handling the Vikings pitching staff while assisting with recruiting. She spent the 2010 season coaching at her alma mater, Akron's Ellet High School, where she was an all-city selection all four seasons. She was a three-time all-state performer in high school and was named the Ohio Gatorade Player of the Year in 2005. When she graduated, she held the state record for home runs in a career. A Sport and Leisure Studies major at Ohio State, Pruner fought injuries to start 148 consecutive games to conclude her career and produced whenever she was on the field. In both 2007 and 2010 she earned first team All-Big 10 honors and finished in the top 10 in a handful of offensive categories, including second with 38 career homers. Additionally, the two-time Buckeye captain earned six career victories in the circle and recorded 50 strikeouts in 53 innings. In addition to her duties with CSU, Pruner coaches the Ohio Power softball team with former Viking Jaclyn Carpenter.