



**Elite Softball Clinics**  
*at George Washington University*

GW Softball will host THE ELITE Softball Clinics on November 27<sup>th</sup>, December 3<sup>rd</sup> and 4<sup>th</sup>.

*Instruction will be provided by The GW Softball Coaching staff and players.*

**\*\*The sessions will differ between the three days for each facet of the game.**

**November 27th**

8:30am-10:00am

**Pitching OR Catching**

During the pitching session, pitchers will focus on proper mechanics, work on movement pitches, increasing velocity, and the mental aspects of pitching

**\*\*\*Each pitcher MUST bring their own catcher\*\*\* (These catchers will not have to pay)**

The catchers' session will include work on the mechanics of receiving, framing, blocking, transitions, throwing, footwork, and how to set up a batter (pitch calling).

10:30am-12:30pm

**Hitting/Slapping**

The hitting and slapping session will focus on all aspects of fundamental mechanics including increasing power, bat speed, proper balance and footwork, and the mental aspects of hitting

1:30pm – 3:00pm

**Defense (Infield or Outfield)**

The defensive session will work on positional breakdown, proper mechanics and footwork, angles, glove work, throwing, and situational instruction.

3:30pm-5:30pm

**Game Simulation Showcase**

Showcase your entire game. You will be put on teams to play full game speed. Pitching, Hitting, Defense and Base Running. **Spots will be limited!!!**

**December 3<sup>rd</sup>/4<sup>th</sup>**

8:30am-10:00am

**Pitching OR Catching**

During the pitching session, pitchers will focus on proper mechanics, work on movement pitches, increasing velocity, and the mental aspects of pitching

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**Ages:** 12-18yrs.

**Cost:** \$75 single session, \$140 for 2 sessions, \$205 for 3 sessions, \$270 for 4 sessions, \$335 for 5 sessions, \$400 for 6 sessions, \$450 for 7 sessions and \$500 for 8 sessions.

**For more information visit [GWSPORTS.COM](http://GWSPORTS.COM)**

**Contact us at (202) 994-2086 or email at [Defeo9@gwu.edu](mailto:Defeo9@gwu.edu)**

\*GW Softball Camps are open to any and all entrants (limited only by age, number, gender, and grade level).