GW Softball will host THE ELITE Softball Clinic on December 3rd.

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

**December 3rd**

**8:00am-9:30am**  
Pitching OR Catching—limited to first 24 P’s and 24 C’s
During the **Pitchers’ Session**, pitchers will focus on proper mechanics, work on movement pitches, increasing velocity, the mental aspects of pitching, as well as a pitching showcase *****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), as well as receiving live pitchers.

**9:30am-11:00am**  
Hitting/Slapping—limited to first **30 to register**
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

**12:00pm – 1:30pm**  
Defense (Infield or Outfield)—limited to first 25 IF and 25 OF
The defensive session will work on positional breakdown, proper mechanics and footwork, angles, glove work, throwing, and situational instruction.

**1:30pm-3:00pm**  
Game Simulation Showcase—limited to first **30 to register**  
Showcase your entire game! You will be put on teams to play full game speed. Pitching, Hitting, Defense and Base Running.

**Ages:** 12-18yrs.

**Cost:** $75 single session, $145 for 2 sessions, $210 for 3 sessions, $275 for 4 sessions.

**PRIOR TO NOVEMBER 24:**
Mail Registration Forms Along with Payment To:  
George Washington University Softball, Attn: James DeFeo  
600 22rd St. NW, Washington DC, 20052

**AFTER NOVEMBER 24:**
Please email hallieblackney@gwu.edu stating which sessions you plan to attend. Payment will be accepted at registration for camp (cash or check only).

(Please make checks payable to GW Softball)

Contact us by email at Defeo9@gwu.edu or hallieblackney@gwu.edu

*GW Softball Camps are open to any and all entrants (limited only by age, number, gender, and grade level).
*If checks are returned for insufficient funds, entry to future GW Camps/Clinics will be denied.