

LEARN TO PLAY

"Forty-Niner Softball"

Our camps are staffed by Long Beach State Softball coaches. We pride ourselves in playing the game the right way, the "forty-niner" way.

It is this philosophy and tradition that has led Long Beach State to be one of the top college softball programs in the country.

49er Coaching Staff



Kim Sowder, Head Coach - 15th year overall. Kim took the helm on August 18, 2006 after long time Head Coach Pete Manarino's retirement. During her tenure the 49ers have compiled a .626 overall winning percentage, six conference championships, and have made 11 NCAA appearances. Kim was a 1998 inductee into the

Long Beach State Athletics Hall of Fame, and a former All-American shortstop.



Stephanie Swenson, Assistant Coach - 7th year. Swenson was a standout pitcher at UCLA under former Bruin coach Sue Enquist. Swenson was an honorable mention All-Pac-10 selection in 2000. She posted a 10-1 record with five shutouts and three one-hitters. Swenson finished the 2000 campaign with a 0.81 ERA in 77.2 innings pitched.

After her playing days, Swenson helped out the Bruin coaching staff with recruiting.



Tairia Flowers, Assistant Coach - 4th year. A four-year letterwinner at UCLA, four-time Women's College World Series participant and two time All-American. Flowers has been a member of the USA National Team since 2001, winning gold medals at the 2003 & 2007 Pan Am games, the 2002 and 2006 World Championships, 2001 U.S. Cup, and 2004 Olympics along with a Silver medal at the 2008 games in Beijing.



Ralph Levy, Volunteer Assistant - 21st year. Ralph brings a wealth of knowledge to Long Beach State as he starts his 21st year as volunteer assistant. Levy's duties include assisting Head Coach Kim Sowder with game preparation and management. Levy's association

with the Long Beach State softball program began in 1984 under longtime former Head Coach Pete Manarino. Levy was Manarino's good friend and classmate at Pius X High School in Downey (Class of 1971).

Long Beach State Softball
1250 Bellflower Blvd. - PA
Long Beach, CA 90840



Long Beach State
Softball Camp

July 12th – July 15th, 2010
or
July 26th – July 29th, 2010

Visit our web site at www.longbeachstate.com
or call (562) 985-1506 for more information.
E-mail: longbeachstatesoftball@gmail.com

LBSU SOFTBALL HISTORY

- 2008 Big West Champions
- NFCA West Region Staff of the Year 2005
- 5 College World Series Appearances
- 19 NCAA Regional Appearances
- 5 Regional Titles
- 6 Conference Titles



SOFTBALL CAMP

The Long Beach State Softball Camps offer a low coach to camper ratio. We emphasize fundamentals in throwing, hitting, bunting, fielding mechanics, outfield play, base-running, and pitching.

Afternoon scrimmages help each participant develop new skills and elevate their level of play.

The camp staff prides itself in hands-on instruction and making the Long Beach State Softball Camp an enjoyable and rewarding experience. Camp also provides optional afternoon swim time.

SOFTBALL CAMP INFORMATION

- ❖ **Who:** ANY and ALL Girls, ages 7 to 14
- ❖ **Where:** Long Beach State Softball Complex
- ❖ **When:** July 12th – July 15th, 2010
July 26th – July 29th, 2010
- ❖ **Time:** 9:00 a.m. to 3:00 p.m.
- ❖ **Fee:** \$185.00
- ❖ **Includes:** Camp T-Shirt
- ❖ **Required Equipment:** Each camper must bring his or her own bat, glove, helmet, cleats, pants, and lunch.
- ❖ **Registration:** Complete the attached registration form and mail in with payment. Final registration will be the first day of each camp, provided space is available. Registration will begin at 8:30 a.m. All cancellations are subject to a \$50.00 processing fee prior to camp date. **Returned checks are also subject to a processing fee.**
- ❖ **Insurance:** Each camper attending the Long Beach State Softball Camp must be covered by his or her parents' insurance. Signature of parent is required and will serve as a medical release. Any and all medical expenses resulting from injury or illness will be the responsibility of the camper's private insurance company.
- ❖ **Athletic Trainer:** An athletic trainer will be provided during camp. In the event of an emergency the EMS will be called.

REGISTRATION FORM

Please check the camp(s) you would like to attend.

- Session 1 - July 12th through July 15th, 2010
 Session 2 - July 26th through July 29st, 2010

Camper's Name _____ Age _____

Position(s) Played _____ League Affiliation _____

Parent's Name _____

Address _____

City, St, Zip _____

Home # _____ Cell # _____

T-shirt Size – Please Circle One:
 Youth S M L Adult S M

Allergies, please list _____

Emergency Contact Name _____ # _____

I hereby authorize the staff of Long Beach State to act on my behalf according to their best judgment in the event of any emergency requiring medical attention. I hereby waive and release the University Camp from any and all liability for any injury or illnesses occurring while my child is attending camp. I have no knowledge of any physical impairment that would be affected by the above named camper's participation in the Long Beach State Softball Camp as outlined in the brochure.

Parent or Guardian Signature _____ Date _____

Make Checks payable to:
 Kim Sowder Softball Academy
 Total payment enclosed \$ _____

Please mail completed registration form to:
 Long Beach State Softball
 1250 Bellflower Blvd - PA
 Long Beach, CA 90840