

2009  
Loyola WINTER Camp  
8<sup>th</sup> Grade – High School

**Total Skill Instruction:**

Total Skills will cover all aspects of softball including fielding, throwing, hitting, base running & advanced position-specific instruction. The offensive portion will focus on stance, grip, triggers, staying inside the ball, swing-path and explosive hitting techniques. Instructors will teach & drill power-hitting, slapping/bunting, & base-running. The defensive portion will cover fielding, throwing, catching, footwork, and diving. Following instruction a competitive scrimmage will be held to incorporate skills learned earlier in the session. This is a great opportunity to meet, learn, and compete with current Loyola Ramblers!

**Lefty-Slapper Camp:**

All-American left-handed players Head Coach Yvette Healy will teach you the advanced skills needed to be an effective left-handed hitter, bunter, and slapper in college, and beyond. Learn the advanced speed skills that will help quick young players take their offensive game to the next level. The Lefty/Slapper Camp will teach footwork, timing, swing path, soft-slapping, power-slapping, drag bunting, and base stealing. This is the ultimate camp for speedy athletes looking to maximize their offensive potential from the left-side of the plate. Work with live pitching, Loyola's coaching staff, and current lefty college players

**Pitching Camp:**

*All pitchers must bring their own catcher!*

Work with Loyola Softball's pitching coach and college players. Evaluate current mechanics, focus on good base- Grip, Pivot/Step, arm circle, and release. Warm up drills for performance and success. Comprehensive hands on explanation and demonstration of proper mechanics, with interactive participation of each pitcher. Designed to reinforce the proper windmill technique and balance. Learn to throw movement pitches such as the change, drop, curve, screw, and rise.



**(Please Circle Which Session  
You Will Be Attending)**

**December 20th, 2009**

1. Pitching Session \$75.00  
10:30-12:30
2. Total Skills \$75.00  
1:00-3:30
3. Lefty Slapper \$75.00  
4:00-6:00pm

**January 10th**

1. Pitching Session \$75.00  
10:30-12:30
2. Total Skills \$75.00  
1:00-3:30
3. Lefty Slapper \$75.00  
4:00-6:00pm

\*Camp applications must be postmarked one week prior to the camp date for price. The fee for applications received late/after two week deadline please add \$25.00 to total price per camper, per camp. Space is limited!

2009  
LOYOLA UNIVERSITY CHICAGO  
8<sup>TH</sup> GRADE – HIGH SCHOOL  
WINTER SOFTBALL CAMPS  
1032 W. Sheridan Rd., Chicago, IL 60660



# CAMP REGISTRATION

**FILL OUT EVERY BLANK BELOW:**

## Meet the Coaches



M. Beseres



Y. Healy



S. Bandauski

Head Coach Yvette Healy was a three-time Academic All-American, and two-time Athletic All-American honoree as a player, Healy ranks second on the DePaul single-season chart with a .424 batting average and is the school's all-time leader with 102 stolen bases. In her senior campaign in 1999, Healy led the Blue Demons to a school-record 54 victories, an NCAA Regional Championship and the College World Series as the team wrapped up the year ranked third in the nation. She earned All-Mideast Region honors on three occasions as well.

Assistant Coach Missy Beseres went 19-9 with a 1.42 ERA and 234 strikeouts in 191.2 innings of work for the Nittany Lions. The right-hander was a key figure for a Penn State squad that posted a program-best 39-16 record in 2006 and made an appearance in the NCAA Tournament. She tied a PSU record for shutouts in a season, with 10. Beseres holds the Penn State career record with 53 victories and totaled 746 strikeouts for her career. She was a Third Team All-Big Ten selection in 2006 and also garnered Second Team All-Great Lakes Region accolades. A two-time team most valuable player, Beseres has experience working the Penn State Softball Camp.

Bandauski helped the Blue Demons to the 2005 Women's College World Series, a 45-21 overall record, and a final National Fastpitch Coaches Association/USA Today No. 8 ranking. During the 2005 campaign, Bandauski appeared in 63 games, posted career highs with six doubles and 17 RBI.

### All camps will be held in Gentile Gym

1032 W. Sheridan Rd., Chicago, IL 60660

If bad weather please call: 773-508-2580

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

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

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Graduation Year: \_\_\_\_\_

High School: \_\_\_\_\_

Summer Team: \_\_\_\_\_

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

Email: \_\_\_\_\_

T-Shirt Size: (s-xl) \_\_\_\_\_

Camp Attending: (please list date and session)

**\*Camp applications must be postmarked one week prior to the camp date for price. The fee for applications received late/after two week deadline please add \$25.00 to total price per camper, per camp. Space is limited!**

### MAIL CHECKS TO:

Yvette Healy  
Loyola University Chicago  
Alumni Gym -- 6511 N. Sheridan Rd  
Chicago, IL 60626  
[YHEALY@luc.edu](mailto:YHEALY@luc.edu)  
773-508-2580

*I authorize the staff of the Loyola Softball Camps to act according to their best judgment in any emergency requiring medical attention and I waive and release "The Camp" and Loyola University Chicago from any injuries or illnesses incurred at camp. I have no knowledge of any physical impairment which would be affected by the camper's participation in this camp and I realize that named camper must carry medical insurance which is responsible for any medical injuries/expenses incurred while at this camp. I am required to obtain suitable insurance coverage and encouraged to undergo a physical examination before participation in camp.*

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_