



The UML Coaching Staff seeks to offer a collegiate training experience for serious high school players. Those attending can expect individualized, advanced instruction of the game in preparation for the high school season.

9:00-9:20

Dynamic warm-up: Moving stretching and agilities

9:20-10:20

Playing Catch: A look at proper throwing and receiving techniques

10:20-11:20

Defensive Strategy: Fundamentals for positional play

11:20-12:20

Individualized Positional Play

12:20 - 1:15: Lunch

1:15-1:45

Daily Specialty Sessions: Sports psychology, visual training, conditioning, and marketing yourself as a recruit

1:45-2:45

Advanced Base Running: Maximize your total bases

2:45-4:00

Hit like an Olympian: The short game, swing mechanics, the mental approach to the box, and video swing analysis



Sean Cotter begins his third year as Head Coach at UMass Lowell after spending the last 10 years at Plattsburgh State. Cotter is a program builder who has helped set the school record for wins in a season within the first two years of every program he has coached. He took over for the UMass Lowell squad with a prior record of 10-31-1 in 2009 and helped them more than doubled the win total in 2010. At Plattsburgh State, he started the softball program and in his 7th year, was a win away from playing in the National Championship. Cotter demonstrates expertise in defensive strategy, base running, and sports psychology.



Danielle Mason begins her third year as the Pitching Coach at UMass Lowell after spending one season at Wellesley College. During her time at UMass Lowell, she has helped mentor Elyssa Boris, who was named the Player of the Year in the Northeast-10 Conference in 2011. Mason pitched for Stonehill College and remains among the leaders for most wins in school history.



Jen Yee begins her second year with the Riverhawks as a volunteer assistant. Yee was a member of the 2008 Canadian Olympic team and a standout at Georgia Tech. In her senior year, Yee led the nation in batting average, slugging percentage, on base percentage, runs scored, and walks. Yee will be working with infielders and hitters.



Kara Melillo begins her first year as an assistant coach with the Riverhawks. She is a graduate from Merrimack College. During the 2011 season, she started every game behind the plate and helped bring her team to the NCAA East Region Championship. Melillo will be working with the infielders and hitters.

ELITE COLLEGIATE SKILLS

and
UML SOFTBALL

present
Skills for Spring:

An elite February vacation clinic
for high school players



REGISTRATION



CLINIC INFORMATION

Dates: February 20-21

Session: 9:00 am-4:00 pm

Lunch: 12:20-1:15 pm

Location: Mahoney Gym on UML's
South Campus

Cost: \$280/player

**Sign up as a group of 3 or more
players from the same high school and
pay \$250/player

26 players maximum

Clinic is open to **high school
players only.**

Camper's Name _____ Position(s) _____

Parent/Guardian Name(s) _____

Home Phone () _____ Cell Phone () _____

e-mail _____

Camper's School _____ Grade _____

Please Sign: *I understand that UMass Lowell and the Softball Clinic will not be liable or responsible for accidents and medical and dental expenses incurred as a result of participation in this program. In the event of injury or illness, the clinic has my permission to seek any emergency medical treatment deemed necessary.*

Signature of Parent/Guardian _____ Date _____

Insurance Company _____

Policy # _____

Medications/Known Allergies/Health Concerns _____

Please make checks payable to **Sean Cotter** and mail to:
UMass Lowell Softball Clinics
One University Ave
Lowell, MA 01854

Questions or Concerns? Call the UML Softball Office at (978) 934-3977 or e-mail assistant coach Kara Melillo at kara_melillo@uml.edu

Visit us on the web at www.goriverhawks.com.