

UML SOFTBALL

pitching & catching camp

Join the UML softball team, coaching staff, and guest coaches **August 2-4** for a week of intensive pitching and catching training.

Register now @ www.goriverhawks.com.
Questions? Call 978-934-3977 or email danielle_mason@uml.edu



UMass Lowell Softball
 1 University Ave
 Lowell, MA 01854

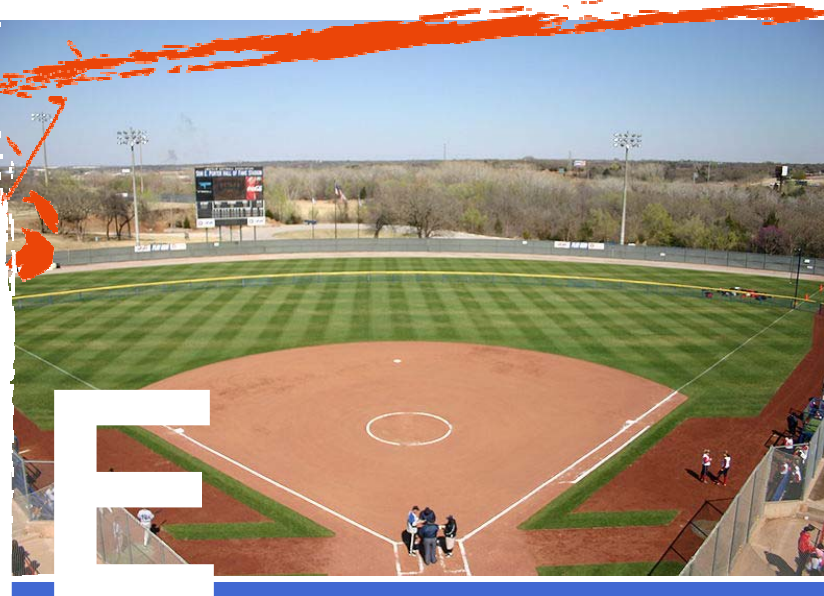
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www.goriverhawks.com



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for the love
 of the
GAME

AUGUST 2-4

Pitching and Catching Summer Camp 2010

Are you ready to take your pitching and catching skills to the next level?

Register now and learn how to improve your game in the circle and behind the plate.



Meet Our Staff

Sean Cotter

Danielle Mason

Jim Cardello

Peter Looney

Casey Price

Kristen Mahoney

Jaclyn Leitze

Steve Schultze

James Cotter

August 2-4
Riverhawk Field
Beginning Pitchers 9-12
Advanced Pitchers 1-4
\$125/session (limit 25)

***Pitchers must bring someone to catch for them**

Topics Covered:

- Warm-up Game day and Practice
- Conditioning
- Weight Training for advanced pitchers and catchers
- How to Effectively Spin the ball
- Catching 101 Beginning Catchers: Framing, Blocking, Throwing, Foul Ball Work
- Catching 201 Advanced Catchers: Advanced Throwing, Calling a game, coaching the pitcher, working with umpires.



REGISTER NOW @ WWW.GORIVERHAWKS.COM