

---

## OVERVIEW

Learn from the PITT softball program this summer! We will teach all of the skills, strategies and drills to help each player reach her softball goals.

All aspects of softball, including pitching, catching, hitting, fielding and base running will be covered in the sessions. All sessions will be held at Trees Field, located directly behind the Cost Center on PITT's upper campus. Enrollment is open to all girls entering grade 5 through grade 8.

Each day of camp will be from 9am-3pm and include a lunch break from 11:45-1:00pm. Campers must provide their own lunch. Camp counselors will accompany the players at all times.

At the conclusion of camp, each camper will receive a certificate of participation and a PITT softball t-shirt.

**Gina Fuchs**  
**Pittsburgh Softball-2009 Summer**  
**Camp**  
**216 Fitzgerald Field House**  
**Pittsburgh, PA 15261**

# 2009 SUMMER CAMP



## JUNE 22-24

## Girls Entering Grades

## 5-8

## 9am-3pm

For more information please contact:

Gina Fuchs

[gfuchs@athletics.pitt.edu](mailto:gfuchs@athletics.pitt.edu)

Or

Jess Dignon

[jdignon@athletics.pitt.edu](mailto:jdignon@athletics.pitt.edu)

---

## 2009 PITT SUMMER CAMP (REGISTRATION)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_ Zip \_\_\_  
Phone (     ) \_\_\_\_\_  
Grade Entering \_\_\_\_\_ Age \_\_\_\_\_  
Allergies/Medications \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Emergency Phone # \_\_\_\_\_  
Insurance Company \_\_\_\_\_  
Policy # \_\_\_\_\_  
Email: \_\_\_\_\_  
**Position** \_\_\_\_\_  
**T-Shirt Size** \_\_\_\_\_

### **COST: \$175**

(includes camp t-shirt)

**Team Rates: \$150 each** for 5 or more girls from the same team.

**\$125 each** for 10 or more girls from the same team

### **Please read and sign the following:**

I will *not* hold the University of Pittsburgh or any of its representatives responsible for any damage to or loss of personal property and/or injury that may occur while participating in PITT SOFTBALL camp (June 22-24, 2009)

Player \_\_\_\_\_ date: \_\_\_\_\_

Parent \_\_\_\_\_ date: \_\_\_\_\_

**Check payable to: Gina Fuchs**

**Send check and registration form to:**

**Softball office –summer camps**

**216 Fitzgerald Field House**

## DEFENSIVE SKILLS



All campers will be taken through various drills relating to their chosen position. Every position will be covered in depth by PITT coaches and counselors.

### **POSITION SKILLS TO BE COVERED:**

**INFIELD:** We will cover the basic fundamentals of playing the infield including ground balls, bunt coverage and everyone's favorite— double plays!

**OUTFIELD:** We will cover the basic fundamentals of outfield including fly balls, ground balls, back-ups and of course— diving!

**CATCHERS:** We will cover the basic fundamentals of catching including throws to bases, blocking, framing, etc.

**PITCHERS:** We will cover the basic fundamentals of pitching including fastball mechanics, speed drills, various pitches, etc

## OFFENSIVE SKILLS

LEARN FROM THE BEST! You will learn what it takes to be an offensive threat at the plate and on the bases.



### **SKILLS TO BE COVERED:**

- Mechanics of hitting
- Mechanics of bunting
- Basics of base running (leads, returns, sliding, etc.)

## TEAM PLAY

In the afternoon sessions we will be breaking up into teams to work on team fundamentals like relays and cuts, bunt defense, run-downs, and much more! We will also have fun games and competitions during this time.

### **REGISTER BY MAIL OR ONLINE!**

**[www.pittsburghpanthers.com](http://www.pittsburghpanthers.com)**

**go to softball page, then registration link**

**\*Checks must be received by June 16th to ensure participation**