
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 9 through grade 12.

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



JULY 20-22

Girls entering grades

9-12

9am-3pm

For more information please contact:

Gina Fuchs

gfuchs@athletics.pitt.edu

Or

Jess Dignon

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 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 (July 20-22, 2009)

Player _____ date: _____

Parent _____ date: _____

Check payable to: Gina Fuchs

Send check and registration form to:

Softball office –summer camps

216 Fitzgerald Field House

Pittsburgh, PA 15261

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

go to softball page, then registration link

***Checks must be received by July 16th to ensure participation**