

PERSONALIZED PITCHING LESSONS

Dates: Jan. 25, Feb. 1, 8, 2009

About the Lessons: The Personalized Pitching Lessons feature three students for one pitching instructor per hour. The instructors will be BU Assistant Coach/Pitching Coach Susan Kocher as well as BU's senior and sophomore pitchers Tara Reed and Shavaun Fisher. The Personalized Pitching Lessons will provide instruction for the basic fundamentals of the windmill pitching motion as well as teaching and fine tuning various pitches – change-up, drop, curve, screw and rise. Trouble shooting and mental aspects of the game will also be stressed. These lessons are for beginner to advanced pitchers. The instructors will adapt the lessons to the skill level of the pitcher. Each pitcher must provide her own catcher for each 1 hour lesson.

Time: Participants will sign up for a lesson time (to be the same for all three weeks).

Cost: \$100 for three weeks with a BU collegiate pitcher. \$125 for three weeks with BU Pitching Coach Susan Kocher. A \$50 deposit is needed in advance to reserve a place. The balance is due the first day of the lessons.

Make checks payable to: Bloomsburg University and mail to:

Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301

Location: Nelson Field House, Bloomsburg University.

What to Bring: You must bring a glove and someone to catch for you. This can be a catcher, a parent or friend. We recommend that student catchers wear a mask. Balls will be provided.

PITCHING CLINIC

Dates: Jan. 25, Feb. 1, 8, 2009

About the Clinic: Participants will attend all three Sundays. Each day will consist of 1 1/2 hours of pitching instruction which will progress through the basic windmill mechanics through fastball, changeup, screw, drop, curve and rise ball. Each pitcher must provide her own catcher.

Players will be divided into groups according to skill level and will be coached accordingly. A maximum of 8 students per instructor.

Time: Participants will sign up for a clinic time (to be the same for all three weeks).
10-11:30 a.m. or 1:30-3:00 p.m.

Location: Nelson Field House, Bloomsburg University.

Cost: \$75 for three weeks. A \$50 registration fee is needed in advance to reserve a place in the clinic. The balance is due the first day of the clinic.

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Bloomsburg, Pa. 17815-1301

What to Bring: You must bring a glove and someone to catch for you. This can be a catcher, a parent or friend. We recommend that student catchers wear a mask. Balls will be provided.

HITTING

Date: Feb. 22, 2009

About the Clinic: The focus of the clinic is to teach the basic hitting technique of fastpitch softball with an emphasis on compact swing and bat speed. The clinic is also designed to teach the hitter to take her skills to the next level with instruction on hitting the inside, outside, high and low pitch and changeup.

There is limited space, so register early.

Time: Participants (grades 4-12) will sign up for a clinic time and will be divided into groups according to age.

We offer two sessions: 9 a.m.- noon and 1-4 p.m.

Location: Nelson Field House, Bloomsburg University

Cost: \$50 for the session. A \$25 registration fee is needed in advance to reserve a place in the clinic. The balance is due the first day of the clinic.

Make checks payable to: Bloomsburg University and mail to:

Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301

Current members of the Bloomsburg University softball team will also be helping with the clinics.



REGISTRATION FORM

Pitching Clinic

Jan 25, Feb. 1, 8, 2009 (\$75 for 3 weeks)

Pitching Session Time: Please check one

10 a.m. – 11:30 a.m. _____

1:30 p.m. – 3 p.m. _____

Personalized Pitching Lessons

Jan 25, Feb. 1, 8, 2009

Three Weeks w/ BU Pitcher (\$100)

12 p.m. - 1 p.m. _____

Three Weeks w/ Susan Kocher (\$125)

12 p.m. - 1 p.m. _____

Hitting Clinic Feb. 22, 2009 (\$50)

9 a.m. – noon _____

1 p.m. – 4 p.m. _____

\$50 Deposit Due With Application For Pitching
\$25 Deposit Due With Application For Hitting
Make Checks Payable to: Bloomsburg University

Name _____

Address _____

Telephone _____

Email Address _____

School _____

No. of Years Pitching _____

Year in School _____

Amount Enclosed: _____

I approve my daughter's attendance at the Bloomsburg University Developmental Pitching Clinic and certify she is in good health. If medical attention is required for injury, I hereby grant permission for such care to be rendered. Furthermore, I do hereby recognize and understand that the university and the coach(es) are not responsible for any injury of any kind which may occur on the way to, during or on the way home from the clinic.

Parent's/Guardian's Signature _____

Insurance Company _____

Policy Number _____

SOFTBALL AT BLOOMSBURG UNIVERSITY

Bloomsburg softball is the winningest program in NCAA Division II and has established itself as the leader of the Pennsylvania State Athletic Conference (PSAC). In addition, the Huskies have made 27 consecutive national tournament appearances.

The Huskies have won 14 PSAC Championships and have put together a record of 1,130-269-2 the past 31 seasons. Also, 32 players have gained 52 All-American awards and an exciting brand of play has provided plenty of action, allowing Bloomsburg to outscore its opponents more than four to one in that time period.

In 1982, Bloomsburg won the AIAW Division III national championship. Moving up to Division II, the Huskies have finished among the top eight in the NCAA Division II national tournament 16 times, with second place finishes in 1991 and 1995, third place finishes in 1986, 1990, 1992, 2000 and 2002, and fourth place finishes in 1993 and 2001.

SUSAN KOCHER

Kocher is in her 21st season as assistant coach at Bloomsburg University. In her playing days, Kocher pitched four years at Bloomsburg. She was an All-Pennsylvania State Athletic Conference selection three times and earned All-American honors in her junior and senior seasons. She holds several Bloomsburg season records, including games pitched (40), innings pitched (256.2), least hits allowed (26) and most wins (24). Kocher also threw eight no-hitters in her four seasons with the squad. As pitching coach at Bloomsburg, she has coached seven players to All-American status. She was inducted to the Bloomsburg University Athletic Hall of Fame in 1999.



Bloomsburg University is committed to Affirmative Action and Equal Opportunity. Minorities, women and other protected class members are urged to pursue educational and employment opportunities at Bloomsburg University.

HUSKIES'

SOFTBALL

DEVELOPMENTAL CLINICS

at Bloomsburg University



PITCHING

SUNDAY

JAN. 25, FEB. 1, 8, 2009

HITTING

SUNDAY

FEB. 22, 2009

Learn and practice the fundamentals while being instructed by members of the Bloomsburg University Softball team and coaching staff.