



BLOOMSBURG UNIVERSITY OF PENNSYLVANIA

PERSONALIZED PITCHING LESSONS

JUNE 23 – 26, 2008

GIRLS 10 – 18 YRS. OLD

Design your own Personalized Pitching Camp. You choose how many hours and days of pitching instruction you want. The Personalized Pitching Lessons feature three students per one instructor per hour. You choose how many hours and days (up to 4) of pitching instruction you want. It is recommended that pitchers sign up for no more than 2 hours per day.

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 ball, and rise ball. 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.

Fee: \$30 per 1 hour session

Pitching Instructors: Susan Kocher – BU Pitching Coach and current BU Pitchers

Further information on the personalized pitching lessons will be sent upon receipt of application.

APPLICATION FORM

Name _____ Grade next fall _____ Birthdate _____
Street Address _____
City/State/Zip _____
Home Phone _____ E-Mail Address _____

Lesson Times: Please check preferred time slot (no more than 2 per day)

| | | | |
|----------------|---------------------|--------------------|----------------------|
| Mon. June 23 | 9:45-10:45 am _____ | 11-12 noon _____ | 12:15-1:15 pm _____ |
| 2 – 3 pm | _____ | 3:15-4:15 pm _____ | 4:30 - 5:30 pm _____ |
| Tues. June 24 | 9:45-10:45 am _____ | 11-12 noon _____ | 12:15-1:15 pm _____ |
| 2 – 3 pm | _____ | 3:15-4:15 pm _____ | 4:30 – 5:30 pm _____ |
| Wed. June 25 | 9:45-10:45 am _____ | 11-12 noon _____ | 12:15-1:15 pm _____ |
| 2 – 3 pm | _____ | 3:15-4:15 pm _____ | 4:30 – 5:30 pm _____ |
| Thurs. June 26 | 9:45-10:45 am _____ | 11-12 noon _____ | 12:15-1:15 pm _____ |
| 2 – 3 pm | _____ | 3:15-4:15 pm _____ | 4:30 – 5:30 pm _____ |

Amount Enclosed: _____

\$30 Deposit Due with Application / Make Checks Payable to: Bloomsburg University & mail to:
Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, PA 17815-1301