

# CompletePitch Softball Classes

Instructed by: Nicole & Stephanie Fougerousse, and Shelby Gott

CompletePitch will be hosting softball classes on the following days and times, for girls ages 7 to 17. Instruction will take place at the **Shakamak Youth League** in Jasonville.

The cost is \$15.00 per class, for players registered before **Friday, April 2** (post marked) and \$25.00 for late registration. A **discounted price of \$10.00 per class** will be given to players who sign up for ALL five classes and register before April 2.

**Optional 1-hour pitching instruction is included at the end of each of the five clinics for Shakamak Youth league players at no additional cost. Non-league players may participate for an additional fee.**

## Saturday, April 3

### *Basic Defensive Mechanics Class*

- Throwing
- Catching
- Fielding
- Forehand & Backhand
- Tags at the Bag
- Pickles/Rundowns

## Saturday, April 10

### *Infield Specific Techniques Class*

- Special Infield Throws: Toss, Back Toss, \_ Throws
- Positional Responsibilities & Techniques: 1B, 2B, 3B, SS, P, and C
- Turning Double Plays: Footwork & Body Positioning
- Bunt Coverage
- Pickoff Mechanics and Positioning
- Defending against Steals
- Cutoffs: what they are & when to use them

## Saturday, April 17

### *Outfield Specific Techniques Class*

- Catching Fly Balls in the OF;
- Drop Step and Crossover
- Fielding Grounders: “Do or Dies” & “Block & Stop”
- OF Throwing mechanics
- Situational back ups & Relays

## Saturday, April 24

### *Bunting & Base-running Class*

- Bunting Basics
- Sacrifice Bunt: What it is, why it’s needed, and how to execute it
- Push Bunt
- Slap Bunt/Slug Bunt
- Squeeze & Safety Bunt
- Running Mechanics
- Getting out of the Box
- Home to 1<sup>st</sup> base
- Home to Home
- Lead offs
- Steals
- Advancing on a bunt
- Sliding: Head first, Bent leg, Pop up, Hook slide/Slide-by
- Tagging up
- Tactical Base-running: Understanding how to be a SMART and aggressive

## Saturday, May 8

### *Hitting Techniques Class*

- Hitting Mechanics
- Hitting Off-Speed & Movement pitches
- Understanding the Count & Strike zone
- Reading the Pitcher
- **Video Analysis of Player’s Swing**

**Softball classes start at 11:00am and end at 1:00pm.**

**Pitching will be from 1:00 – 2:00pm.**

## CompletePitch Registration Form

Parent's Name	Player's Name	
<hr/>		
Street	City	Zip
<hr/>		
School	DOB	
<hr/>		
Phone	E-mail	
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Circle Classes player wishes to attend:

<i>Basic Defensive Mech.</i>	<b>\$15.00</b>	<i>Infield Specific</i>	<b>\$15.00</b>	<i>Outfield Specific</i>	<b>\$15.00</b>
<i>Hitting Techniques</i>	<b>\$15.00</b>	<i>Bunting &amp; Base-running</i>	<b>\$15.00</b>	<i>*Pitching Instruction (5 classes)</i>	<b>\$15.00</b>
<i>All Classes (Basic Defense, Infield, Outfield, Bunting and Base-running, and Hitting)</i>					<b>\$50.00</b>

\*Pitching instruction is FREE to all Shakamak Youth League players.

\*\*Player's outside of the Shakamak Youth League may participate for an additional \$15.00, which includes (5) pitching classes.

**Make checks payable to Nicole Fougrousse. Please NO CASH.**

**NOTE: YOU MUST RETURN COMPLETED RELEASE FORM AND THIS REGISTRATION FORM ALONG WITH CHECK PAYMENT (TO ENSURE ENROLLMENT) TO:**

Nicole Fougrousse  
RR1 Box 974,  
Linton, IN 47441

**\* In case of a rainout refunds will be made. Sorry, NO other refunds.**

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### Clinic Release Form

I agree to allow my daughter to participate in this clinic without limitations, and in the event that my daughter is injured while attending the CompletePitch Clinic, hereby waive the right to any claims resulting against CompletePitch, its coaches, players, instructors, and anyone else who is affiliated with CompletePitch.

The camp staff is authorized – to the best of its ability – to attend to any health problem or injury that may occur while attending the clinic.

Insurance Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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