



Indianola Softball Instructional Camp



When: Dec. 27th, 2018
Where: Blake Field House

Session 1 (choose one per session)

Pitching 12:00-2:00 pm

OR

Catching 12:00-2:00 pm

Session 2

Hitting 2:15-4:00 pm

Hitting session \$20

Pitching or Catching session \$20

Session 1 Pitching Instruction 12:00-2:00 pm

What to bring: Glove, ball size appropriate at your level, water bottle. (we will utilize camp instructors to help catch in drill work)

Instructors: Ryan Ellis, IHS coaching staff, current IHS players, former standout and Illinois pitcher Sydney Sickels

Athletes will have group and one on one instruction in the following:

- * Drills/Development
- * Personal instruction of pitching mechanics
- * Pregame Routines
- * Practice Routines
- * Self-Correction

OR

Session 1 Catching Instruction 12:00-2:00 pm

What to bring: Glove, ball size appropriate at your level, water bottle.

Instructors: IHS coaching staff, current IHS players

Athletes will have group and one on one instruction in the following:

- * Drills/Development
- * Personal instruction of catching mechanics
- * Pregame Routines
- * Practice Routines

Session 2 Hitting Instruction 2:15-4:00pm

What to bring: bat & water bottle

Instructors: IHS coaching staff, current and former players, Mark Bolten

Athletes will have group and one on one instruction in the following:

- * Drills/Development
- * Personal instruction on hitting mechanics
- * Self-Correction
- * Break down of the swing
- * Pregame Routines
- * Practice Routines

Indianola Softball Instructional Camp

(Grades 3rd-8th)

PLEASE MAIL OR BRING FORM ON CAMP DAY

Location: Blake Fieldhouse

Date: December 27th, 2018

Athletes Full Name: _____

Age of athlete: _____ Grade: _____

Contact Information

Cell # _____

Email _____

Circle Sessions you will attend:

Session 1

Pitching Session 12:00-2:00 pm \$20

OR

Catching Session 12:00-2:00pm \$20

Session 2

Hitting Session 2:15-4:00 pm \$20

Total \$ enclosed: _____

Make checks payable to Indianola Softball

Send or drop off payment and registration to Coach Evans 2210 North 9th Street Indianola Ia. 50125

Questions email: stacy.evans@indianola.k12.ia.us