

## CAMP INFO

Winter Hitting & Pitching Camp

**Sunday January 23rd and 30th**

**Grades 4 thru 12 or Ages 10-18**

### *PITCHING*

Our pitching instruction will stress the fundamentals of throwing fastpitch and will be geared toward increasing speed and gaining control of their pitches.

### *HITTING*

Athletes will practice the rotational hitting techniques through various drills including tee work, soft toss, hitting machines, front toss, and other drills. Bunting and slapping will be instructed.

### *CATCHING (grades 4-8 only)*

Catchers will receive instruction on stance, blocking balls, throwing to bases, pop-ups, signal calling, and knowledge of the strike zone. Game defensive strategy will also be taught.

### *INFIELD/OUTFIELD (grades 4-8 only)*

Instruction for all fielders will include throwing, fielding, and position work. Team defensive strategy and play making will also be taught.

## CAMP COACHES

The Wheeling Jesuit summer softball camp will be taught by the Wheeling Jesuit coaching staff & players.

**Bill Vasko** is in his 3rd year as the head coach of the Wheeling Jesuit softball program. He has coached softball for 7 years, college baseball for 7 years, and college football for 7 years. He also has 18 years of strength & conditioning experience.

**Emily McComb** is a graduate of Marietta College where she played first base. At Wheeling Jesuit, Emily will be responsible for hitting and infield instruction.

**Melisa Shock** is a graduate of Wittenberg University where she was a pitcher and a co-captain. At Wheeling Jesuit, Melisa will be responsible for pitching and catching instruction.

**Laura Leviere** pitched at the division one level for the University of Pittsburgh. She has been an assistant coach at division one Campbell University and a head coach at division one St. Francis and division two Seton Hill.

## Wheeling Jesuit University Hitting & Pitching Winter Softball Camp



**Sunday January 23, 2011  
and  
Sunday January 30, 2011**



**Camp held at Wheeling Jesuit University  
McDonough Center Gymnasium.**

**For Directions Visit:**

**[http://www.wju.edu/about/directions\\_tour.asp](http://www.wju.edu/about/directions_tour.asp)**

# REGISTRATION INFO

**Camp is for grades 4-12 or ages 10-18.**

Pre-registration with payment in full is preferred to determine number of campers. However, walk-ins will be accepted. Players will work in age appropriate groups.

## WHAT TO BRING TO CAMP

Softball equipment should include glove, batting gloves, helmet and bat. Catchers should bring their own equipment. Clothing should include gym shoes. Water will be provided—campers may bring other drinks. Be sure to label all equipment and personal items.

WJU will not be responsible for any lost or stolen items.

### Cost Per Session

1 Session: \$30	2 Sessions: \$50
3 Sessions: \$70	4 Sessions: \$85
5 Sessions: \$95	6 Sessions: \$105

## PLEASE CHECK ALL SESSIONS YOU WILL ATTEND:

### WEEK 1:

11am-12:30pm	Pitching (grades 4-8)	_____
11am-1pm	Pitching (grades 9-12)	_____
1:30-3pm	Hitting (grades 4-8)	_____
1pm-2:30pm	Hitting (grades 9-12)	_____
12:30pm-1:30pm	Defense (grades 4-8)	_____

### WEEK 2:

11am-12:30pm	Pitching (grades 4-8)	_____
11am-1pm	Pitching (grades 9-12)	_____
1:30-3pm	Hitting (grades 4-8)	_____
1pm-2:30pm	Hitting (grades 9-12)	_____
12:30pm-1:30pm	Defense (grades 4-8)	_____

TOTAL SESSIONS ATTENDING: \_\_\_\_\_

TOTAL AMOUNT INCLOSED: \_\_\_\_\_

# MEDICAL RELEASE

My daughter \_\_\_\_\_ has had a recent physical exam and is physically able to participate in all camp activities. As parent/guardian of the participant named above, I do hereby authorize the director of the camp and the subordinates, to see to any medical and/or surgical treatment, which is reasonably thought to be necessary for the case of my child. The program director is authorized to provide medical treatment for my child, and I shall be fully responsible for honoring such costs. I also authorize the medical facility to release all information needed to complete insurance claims. I hereby release camp staff, Wheeling Jesuit University, and employees from all claims resulting from any injuries that may be sustained by my child while attending Softball Camp.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Any medications participant is currently taking: \_\_\_\_\_

Any medical/physical conditions participant has that camp staff should be aware of: \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_

Phone: \_\_\_\_\_

Policy Number: \_\_\_\_\_

# PARTICIPANT'S INFO

**PARTICIPANT'S NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **GRADUATION YEAR:** \_\_\_\_\_

**SCHOOL:** \_\_\_\_\_

**PARENTS NAMES:** \_\_\_\_\_

**TRAVEL/SUMMER TEAM:** \_\_\_\_\_

**HAVE YOU EVER ATTENDED A WJU SOFTBALL CAMP?** \_\_\_\_\_

Please fill out this form in its entirety, including the medical release, and send with your payment to:

Bill Vasko, Softball Coach  
Wheeling Jesuit University  
316 Washington Ave.  
Wheeling, WV 23006

**Make Checks Payable To: Bill Vasko**

For questions, please contact us:

bvasko@wju.edu or Phone: 304-243-2003