

MEDICAL/LIABILITY WAIVER

I hereby grant permission to my daughter to participate in the 2011 Xavier Fastpitch Pitching Clinic. I also grant permission to the clinic staff to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the Xavier Fastpitch Staff and the Xavier School District from any and all liability for any injuries incurred while participating in this camp.

Parent or Legal Guardian

Signature of Parent or Legal Guardian

Date

XAVIER HIGH SCHOOL
SPONSORED
FASTPITCH PITCHING CLINIC



RETURN TO:
Lori England
1600 Prospect Ave.
Appleton WI 54914

Xavier High School

Xavier High School
Fastpitch
Pitching
Clinic



FASTPITCH SOFTBALL

Saturday, December 17, 2011

Beginners Clinic Time: 2:00-3:30

Intermediate Clinic Time: 4:00-5:30

Xavier High School (Blue) Gymnasium

Xavier Fastpitch Softball Pitching Clinic

Xavier High School is sponsoring the opportunity for you to learn how to become a fastpitch softball pitcher.

Pitchers are made in the off-season; it is essential to learn the correct mechanics in order to use your time wisely.

CLINIC STAFF

Linnea Utecht

Former Collegiate Softball Pitching Coach
Pitched at Oakland University in Michigan
4 Year varsity starter at Oshkosh West High School

Ron Spoehr

Fox Valley area pitching coach
Father of Beth Spoehr

Beth Spoehr

Pitcher at the University of Maine
2009 Graduate of Appleton East High School
4 Year varsity starter, including All-Conference, All-Area, All-District, All State, and Post Crescent Athlete of the Week Honors

Time Depending on Clinic	Beginner Clinic 2:00-3:30 pm	Intermediate Clinic 4:00-5:30 pm
2:00-2:30 or 4:00-4:30	Grip, open/close, follow through drills	Overview of fundamentals
2:30-3:00 or 4:30-5:00	Wrist snap, glove position	Leg drive, arm speed, and accuracy drills
3:00-3:30 or 5:00-5:30	Full pitching motion	Change-up, drop, curve, rise, or screw

WHAT TO BRING/WEAR

Shorts, t-shirt, and tennis shoes will be suitable attire. Bring a glove and a catcher (can be a parent). Please, bring your own water bottle. Balls will be supplied.

BEGINNER/INTERMEDIATE

Beginners are those with 0-3 years of experience. Intermediate are those with 4+ years of experience

If you feel you belong in a different session than your years of experience, feel free to sign up for the other clinic.

Important to Note

The *Beginner Clinic* will include, through drill progression, the proper mechanics associated with successful pitching. The pitcher will be taught a foundation to build upon as she progresses over time. Limit 30 campers per session.

The *Intermediate Clinic* will also touch on the basic fundamentals, while adding more advanced components such as leg drive, arm speed, release point, and moving pitch mechanics. Limit 30 campers per session.

For more information contact:
Linnea Utecht 207-949-3414
or
Lori England - Xavier Varsity Softball Coach
920-740-3895



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Lori England
1600 Prospect Ave.
Appleton WI 54914

Xavier Fastpitch Pitching Clinic Registration

Cost of the Clinic	Price
<input type="checkbox"/> Beginner Clinic	\$35
<input type="checkbox"/> Intermediate Clinic	\$35

Name of Camper _____

School _____

Name of Parents or Guardians _____

Address _____

Cell _____ Home _____ Yrs. Exp. _____

Email _____

Method of Payment

Cash Check _____
Check # _____

*Please make checks payable to Xavier Booster Club.
*To register within two days of the clinic please call Lori England.
*Registration will begin near the Blue Gym at Xavier HS at 1:30 for the Beginner Clinic and at 3:30 for the Intermediate Clinic.

Xavier High School

This clinic is in honor of the area's beloved pitching coach, Denis Utecht. Denis worked hard to ensure quality pitching instruction to youth fastpitch players from seven years old up to eighteen. His girls have gone on to win national tournaments, area and regional tournaments, and college scholarships.

April 8, 2009
Denis M. Utecht