



UMC SOFTBALL SUMMER HITTING & PITCHING CLINIC



WHEN: SUNDAY, JUNE 8

PITCHING: 10 am – 12 pm

HITTING: 1 pm – 3 pm

WHERE: UNIVERSITY MINNESOTA CROOKSTON SOFTBALL FIELD

*2900 UNIVERSITY AVE., CROOKSTON, MN 56716

DETAILS: The University of Minnesota Crookston is an up-and-coming program which has set several school records (including wins) in 2019. The clinics will be run by Head Coach Travis Owen, who has experience both playing and coaching.

The pitching portion will focus on techniques and drills to work on proper spin, body positioning for efficient mechanics, and ways to increase velocity.

The hitting portion will focus on mechanics that mimic the top hitters in the game, including drills and tools for improving contact, exit velocity, power, and reaching base.

COST:

The cost is \$50 per camper, per session. If attending both camps, the rate is discounted to \$90.

Group discounts are available for sending 3+ campers together.



Camper Information

Camper Name: _____

Grade as of **Summer 2019**: _____

Position: _____ Parent Name: _____

Email: _____

Phone: _____

Address: _____

City/State/Zip _____

Insurance Co: _____

Insurance Policy # _____

Amount Enclosed: _____ Check # _____ OR Cash Amount _____

Waiver of Liability

The undersigned parent and/or legal guardian does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participation in the University of Minnesota Crookston's Softball Camps. "I understand that while I am participating in the University of Minnesota Crookston Softball Camps, there is a risk of injury. I understand that such an injury can range from a minor to a major injury. Such injuries could result in bone or joint injury, muscle injury, concussion, chronic disabling conditions, and possibly even death. I understand that I may be injured while participating in the University of Minnesota Crookston Softball Camp. I authorize the U of M Crookston Camp Coaches and Athletic Training Staff to obtain any first aid or emergency care that may become necessary while participating in the University of Minnesota Crookston Softball Camp."

The undersigned parent and/or guardian acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury, or death.

READ BEFORE SIGNING:

Name of Minor: _____ Age of Minor: _____

Signature of Minor: _____ Date: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____