

# 2018 Complete Game Softball Clinics

## Pitching for beginners 8-12

Learn the basic mechanics of the fastball and the ability to locate your pitch with pin point accuracy. This class will gradually move into learning the change up (if established, improving and locating). Each session will end with time set aside for power drills to start building speed, strength, and stamina.

**Dates: OCTOBER 7,14,21,28**

**TIME: 9:00-10:00**

**COST: \$200**

## Power for Pitchers ALL AGES (Must have catcher or bring partner)

This camp will show you different drills of improving your speed. Everyone wonders how you get faster but not exactly sure how. It is not in the weight room but pitching conditioning. We will use a variation of tools such as weighted balls, vest, starting blocks and other unimaginable tools.

**Dates: OCTOBER 7,14,21,28**

**TIME: 9:00-10:00**

**COST: \$200**

## Spin Work

(All ages - must have fastball/ change developed and ready to work on all types of pitches and learn)

This camp will take a new pitch each week and show the grips as well as the spin. We will break it down the entire time and learn a multitude of drills to perfect the pitch or troubleshoot a problem when you are on your own. You do not need to have all the pitches to join the clinic but be eager to learn and take home with you.

**Dates: OCTOBER 2,9,16,23**

**TIME: 6:00-7:15**

**COST: \$200**

## Slapping

This camp will break down the fundamentals of slap hitting. You will learn hard vs soft slapping. We also don't want to send you back on the field with no knowledge, so we will make sure you understand when to implement them. This class will be taught by and outside instructor Gabrielle Gormley who is a graduate from Neumann University and a recent collegiate coach at Delaware Valley University. She also has been giving private lessons for the last 6 years and been heavily involved in the travel ball scene.

**Dates: OCTOBER 9<sup>th</sup>**

**TIME: 6:00-7:00 (8yo-12yo) / 7:00-8:00 (13yo-16yo)**

**COST: \$95**

## Throwing Velocity Program (ALL AGES)

We will continue to measure the speed of your arm throughout this program. Each session we will work on arm stability with band work, ensuring a healthy shoulder. Also, making sure each girl throws properly by breaking down the throwing mechanics. This program will also make sure that their distance throwing is improving and the crow hop is used correctly. Towards the end we will show them the different types of throws such as throwing on the run and sway as well as all flips.

**Dates: NOVEMBER 3,10,17,24**

**TIME: 9:00-10:00**

**COST: \$200**

## Fielding Basics

Fundamentals is what wins games. We will break down all fielding mechanics from basic ground balls to the dreaded short hops. Making sure their foot work is perfected on backhand and forehand and they know what angle to take to the ball. We won't stop with infield but outfield as well. Your daughter will be taking perfect drop steps to the ball and learning all the stops. This clinic will make your daughter a very versatile player.

**Dates: NOVEMBER 3,10,17,24**

**TIME: 10:00-11:00**

**COST: \$200**

## Fielding Drills (13yo+)

This clinic will focus not so much on the fundamentals but more drills to push your daughter to work under pressure. This game is 90% mental and we will make sure to get them in that situation and work under pressure. It'll also have them condition while playing softball. We all know game days are exhausting.

**Dates: NOVEMBER 6,13,20,27**

**TIME: 7:30-8:45**

**COST: \$200**

## Catching Camp

This camp is for all ages as we break down the position and strengthen our weaknesses. We will work on all aspects from blocking, framing, throwing, and hand eye coordination. It is broken into individual work to the point of almost like a private lesson. This camp will also offer guests instruction from collegiate players.

**Dates: NOVEMBER 3,10,17,24**

**TIME: 7:00-8:30**

**COST: \$200**

## Hitting for power (13yo+)

Camp will entail numerous drills of showing you how to utilize your entire body. We will also measure your bat speed at the beginning and ending of camp. Complete Game will use various tools that collegiate players use in their everyday work to succeed. Each session the batter will be able to hit live off a pitcher to implement their new tools.

**Dates: DECEMBER 1,8,15,22,29**

**TIME: 9:00-10:00**

**COST: \$200**

## Hitting for the rising stars (6yo-12yo)

This camp will break down the progressions of the swing and help fix some major kinks. Each kid will get an evaluation of drills specifically designed to improve their personal swing at the end of camp to work on in off season.

**Dates: DECEMBER 1,8,15,22,29**

**TIME 10:00-11:00**

**COST: \$200**

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Please complete the clinic registration form (available online) and return with payment to our facility at 33 South 3<sup>rd</sup> Avenue, Royersford, PA 19468 or email us at [info@completegameofpa.com](mailto:info@completegameofpa.com) and mail or call in your payment.

All camps can be prorated if there is a date known that you cannot attend at sign up. If you sign up for private instruction right after a camp (within two weeks) there will be a 10% discount on a lesson and a 10% discount if purchasing a package.

Ask Maggie Kichler about our private team training opportunities. Multiple coaches will run your team like a collegiate practice. We can either travel to your practice location or hold it at Complete Game of PA.