



# SENECA RIVER NORTH LITTLE LEAGUE

## GIRLS "FAST PITCH" SOFTBALL

### TRAINING SESSION

### WILLOW FIELD ELEMENTARY SCHOOL

Softball: Skills Training Session - Mondays, Starting January 11th

Participants: All Players

Location: Willowfield Elementary School

#### Times Specific to Skills Training

<b>Pitching</b>	10U	06:00 – 07:00
<b>Hitting</b>	All age groups	07:00 – 08:00
<b>Pitching</b>	14U	08:00 -09:00

Any questions, please contact Coach Coordinator SB, Casey Price [cprice@bville.org](mailto:cprice@bville.org) or VP Softball Ops, Karl Stonebarger [stone5045@gmail.com](mailto:stone5045@gmail.com)

What to bring:

- **Required LL Medical Release Form** - click here [SRN Forms](#) to obtain Medical Release form
- Dry pair of sneakers to wear in gymnasium, glove and bat (optional)
- LL Medical Release Form - click here [SRN Forms](#) to obtain Medical Release form
- Must provide own catcher for pitching instruction

## ABOUT THIS CLINIC

Presented by Coach Casey Price and SRN Coaches who will assist in girls' development  
In

Preparation for the upcoming season & future growth in fastpitch softball  
Instruction provided by college softball coach & former Oklahoma Univ. softball player.

- **Open to all Divisions:** 8U to Juniors Division "Ages 7- 14"
- **Pitching Instruction:** For all SRN Girls from 6:30-7:45 PM
- **Hitting Instruction:** For all SRN Girls from 7:45-8:30 PM

**Coaches are welcome** to attend to assist with training or learn specific skills, mechanics and techniques from Coach Pr

#### NOTES

Schedule subject to change — SRN website will have latest up-to-date information including cancellations [www.srnll.org](http://www.srnll.org)