



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 S^Pecific to Skills Trainin^g

Pitching	8U & 10U	06:00 – 07:00
Hitting	All Age groups	07:00–08:00
Pitching	12U & 14U	08:00 -09:00

Any questions, please contact Coach Coordinator SB, Casey Price cprice@bville.org or VP Softball Ops, Karl Stonebarger stoney5045@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