

2019 AHS SOFTBALL CAMP



BELIEVE IN THE PROCESS

AHS Softball is excited to announce they will be hosting an instructional camp for ages 10-16. Athletes will have the opportunity to work with an elite group of instructors and HS softball athletes.

WHEN : Sunday, March 10th 1pm-4pm

WHERE: Auburn High School Softball Field (NO METAL CLEATS, GUM, SUNFLOWER SEEDS)

ADDRESS: 800 4TH ST NORTHEAST AUBURN, WA 98002

COST: \$35 (PER PARTICIPANT) Includes a camp t-shirt and AHS Softball water bottle. Registration is accepted up to the day of the camp. All participants are encouraged to register prior to the date of the camp.

- AHS Softball Camp is open to ages 10-16
- All skill levels welcome
- Bring your own equipment (bat, glove, helmet, catchers gear)

FOCUS OF THE CAMP:

Defensive: Proper defensive techniques of the infield, outfield, and catching positions. Instruction for all fielders will focus on throwing, fielding, glove work, and footwork.

Hitting: Athletes will receive instruction on proper hitting techniques and drill. Athletes will have a chance to practice these techniques through various drills including tee work, soft toss, vision drills.

Base running: Athletes will receive instruction on correct base running techniques and work situational base running drills. Smart and aggressive base running is key to scoring runs.

QUESTIONS: Please contact AHS Head Coach Brenna Nesper @
Bnesper@auburn.wednet.edu

INSURANCE: ALL PARTICIPANTS MUST HAVE THEIR OWN HEALTH AND ACCIDENT INSURANCE. PARENT/GAURDIAN MUST SIGN A WAIVER UPON ARRIVAL FOR CHILD TO PARTICIPATE.

Make checks payable and mail to:

Auburn High School
C/O Debbie Sumner
Attn: AHS Softball Camp
711 East Main Street
Auburn, WA 98002

Participants can also pay the AHS Book keeper Debbie Sumner prior to Sunday, March 10th @ Auburn High School in the bookkeepers office.

Camp registration fee: \$35

2019 AHS SOFTBALL CAMP (please fill out and return to Debbie Sumner in the book keepers office prior to Sunday, March 10th @ Auburn High School) BEST OPTION

If participant registers day of camp bring this form filled out and hand in at registration.

NAME: _____

GRADE: _____

PARENT/GAURDIAN: _____

SCHOOL: _____

ADDRESS: _____

CONTACT PHONE #: _____

EMAIL: _____

*******T-SHIRT (please circle size):** Youth: S M L Adult: S M L XL

I hereby authorize the directors of this camp to act according to their best judgement in the event of any medical emergency. I hereby waive and release Auburn School District, the coaches, and instructors from any liability for any injuries incurred while attending the Auburn High School Softball Camp.

Parent/Guardian Signature _____