

WESTHILL SOFTBALL

WINTER TRAINING

Varsity coach Christina Quijano and JV coach Kathleen Clark

- For grades 2-12
- Emphasis on **skills training, fundamentals, and conditioning**
- Sessions include instruction on: **hitting, fielding, throwing technique, base-running, defensive skills, game situations, position-specific training.**
- Please bring any of your own equipment. Pitchers, please bring your own catcher.
- **NEW THIS YEAR: Catching instruction from 9:30-10:00.**

DATES: Saturdays – January 19 February 2, 9, 16

TIME: 9:30-10:00 (Pitchers & Catchers) 10:00-12:00 (All players)

LOCATION: Westhill High School Gymnasium

FEE: \$80 (Make checks payable to Westhill Booster Club)

Application deadline: Friday, January 4

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Name: _____ Grade: _____

Parent email: _____ Parent phone: _____

Home address: _____

School: _____

Primary defensive position: _____

Second defensive position: _____

T-shirt size (circle): YSMALL YMED YLARGE YXL SMALL MEDIUM LARGE X-LARGE

I give permission for my child to participate in the Westhill Softball Winter Training Camp. I waive and release the camp, its staff, and the Westhill Central School District of any/all liability from injury or illness incurred at this event.

Parent/Guardian signature: _____

Emergency contact name: _____ Phone: _____

Please send fee & application to:

Christina Quijano, 110 Russet Ln, Solvay 13209

Contact Coach Q with questions: christina.quijano5@gmail.com / 315-395-4478