

# WESTHILL SOFTBALL

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## WINTER TRAINING

Varsity coach Christina Quijano and JV coach Kathleen Clark

- For grades 5-12
- 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.

**DATES: Saturdays – February 11, 18 & March 4, 11**

**TIME: 9:00-10:30 (All players)**

**LOCATION: Westhill High School Gymnasium**

**FEE: \$65 (Make checks payable to Westhill Booster Club)**

***Application deadline: Wednesday, January 18***

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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**

**Westhill High School, 4501 Onondaga Blvd. 13219**

Contact Coach Q with questions: [cquijano@westhillschools.org](mailto:cquijano@westhillschools.org)