

# **Alberta Elite Infielders skills camp!**

The coaches at Alberta Elite softball believe that Elite softball players are made not born! Do you have what it takes? Drive, determination, a love for the game. Then we will make you a better player.

**Who is eligible for these camps? Female players born on or between 1990 - 1995. If you have any concerns weather your athlete can complete these sessions please call or email Ron Spragg @ 403 890- 4974 or [batting@live.ca](mailto:batting@live.ca) to discuss before applying.**

**Note: Exceptions may be made for advanced players who are under the age limit!**

We have all attended the camps where we are taught to field a ball properly and throw overhand properly. These are great and necessary and should always be revisited. But Are ready for a challenge and want to take you game to a new level, the “Elite” level?

**Then the Elite softball infielders camp could be for you.**

Some of what you will learn:

- Bat Angle: What does this have to do with fielding? We will teach you!
- Range: a good middle infielder needs it but most think it is an athletic thing. Being athletic is part of it, but having the proper footwork burned into your muscle memory is even more important!
- Backhands: Can you perform them like you were fielding a regular grounder? You will by the end of the clinics and a must for a middle infielder.
- Double play footwork and throws from both the SS position and 2<sup>nd</sup> base. Are they the same?
- Slap defense: With the speed of a slapper if you do not do certain things she is probably safe! But you must burn these into you muscle memory as well.
- Diving: Runner on two, one out. You’re the away team and it is a tie game. Bottom of the seventh inning! Will you dive for a hard hit ball that you can reach and save the game for your team? This is another skill that you must practice to feel confident about doing.
- Glove work: Do you know how to properly field a ball that takes a long bounce and is knee high?
- Reaction work: We use several different drills that work on your reaction time and glove work.
- Pressure Drills: Sp most of us can perform all of these fundamentals under normal conditions. But can you do them while under pressure? We put you under it several different ways. How about one on one competition with your peers using you new Elite skills!

**And many, many more fun and exciting skills and drills!**

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This is the first year we are running the clinics and we need a minimum of eight athletes per class to make it feasible. Ten is our maximum per session. If we do not get the minimum of 8 the clinics could be cancelled and all monies refunded. But from the number of request for this type of specialized clinic, space will fill up fast so get you application in today.

We have two separate sessions. One is for the month of October and one is for the month of November 2010. Each session has 8 - 1 hr classes that run twice a week, Wednesday nights and Saturdays. That means you get 8 sessions or 8 hours of advanced training at a total cost of \$ 120.00 a session. You can also attend both session and get 16 hrs of advanced training at a reduced rate of \$200.

### **Things to bring:**

- **Ball glove**
- **Indoor shoes**
- **Water bottle**
- **Knee sliders or old sweat pants that will get holes in them!**
- **Long sleeve shirt (diving).**
- **Good attitude, hustle and a never give up attitude!**

If this sounds like a challenge you are up for. Please fill out and send the application form to Ron Spragg @ [batting@live.ca](mailto:batting@live.ca) to reserve your spot!

Once your application is accepted either by phone or email, payment must be received with 4 working days to secure your spot.

**Please show up 15 minutes early for you class or you will be considered late!**

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## 2010 APPLICATION – Alberta Elite Infielders CAMP

Registration Form & Parental Consent Form

Please print this page, fill out both the Registration Form and Parental Consent Form, and return as soon as possible with your check made payable to:

Ron Spragg / Alberta Elite Softball  
9920 – 5 Street SE.  
Calgary, Alberta  
T2J 1L2  
Ron (403) 890-4974

Name \_\_\_\_\_ Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address \_\_\_\_\_

City, State, Postal Code \_\_\_\_\_

Parent(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Parent E-mail Address \_\_\_\_\_

How did you hear about our clinic? \_\_\_\_\_

Please inform us of any Medical Conditions: \_\_\_\_\_

CHECK ( X ) SESSION ATTENDING:

\_\_\_ SESSION I \* Wednesdays & Saturdays Oct 6, 9, 13, 16, 20, 23, 27 & 30

\_\_\_ SESSION 2\* Wednesdays & Saturdays Nov 3, 6, 10, 13, 17, 20, 24 & 27

**Cost is \$120 per session**

**You can attend both sessions at a reduced rate of \$200 for both!**

**Time and place TBA.**

### CONSENT FORM

I hereby permit my child to participate in the Softball Camp offered by Ron Spragg and Albert Elite, and by the execution of this release, I acknowledge and agree that all requirements, directions, supervision, and standards set by the directors of this program shall be established for his/her benefit. I hereby voluntarily assume all risk of accident or injury to my child which may arise out of his/her participation in this program, hereby intending to release Ron Spragg and personnel associated with this program from liability that may result from his/her participation. In addition, I hereby give my permission for emergency medical treatment in the event I cannot be reached.

**Print Athletes' Name**

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**Parent/Guardian Signature (with Date)**

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**Emergency Phone**

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