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2010 Winter Softball Clinics For Woodbury & Bethlehem Girls Grades 2 – 8



www.thehitclub.com

Softball Players come join WBS for a 6 Week Winter Clinic

Location: The Hit Club – 135 South Main St. (Seth Thomas Bldg, 4th Fl.)
Thomaston, CT 06787

Dates: Every Sunday February 21st through March 28.

Time: 2:00 PM – 4:00 PM

Cost: \$60.00/player – Cash, checks, and credit cards accepted!

Instructors:

Katherine Parlato - Current NHS JV softball coach. As a former NHS softball standout, Kat received the highest Berkshire League honors and was named to the CT All Star Team. She has attended coaching clinics conducted by UCLA, Virginia Tech, and Hofstra University.

John “Scooter” Zappone & select NHS Varsity Softball Players – Long time NHS Varsity softball coach Scooter Zappone and a select group of NHS Varsity softball players will be on hand to demonstrate the proper techniques of hitting, fielding, pitching and catching.

Pitching Instructor Eileen Holden – Former Division 1 pitcher, Eileen played softball at CCSU, graduating in 2006. Coaching Experience: Bristol Little League 2003-2004 – Jr. and Sr. league teams won the CT state title. CT District 5 team, 2nd place Eastern Regional Tournament. CT Eliminators, 2nd place 2007 Nationals, 5th place 2008 Nationals. Several years as a private pitching instructor.

All Skills Clinic Program:

The All Skills program will concentrate on specific drills to develop fundamental softball skills – hitting, fielding and throwing. This program will include T-drills, pitching machine stations, reaction ball training and proper overhand throwing mechanics.

Pitchers:

Pitching instruction will primarily focus on the development of proper pitching mechanics and will incorporate specific progression drills to isolate pitching movements.

Catchers:

Catching instruction will focus on proper stance, receiving the ball, framing pitches, blocking, fielding bunts and passed-balls. More experienced catchers may also work on throw-downs and pitch-calling.

Additional Clinic Staff:

Clinic Director Joe LoPresti and volunteer instructors from Woodbury Baseball & Softball, Inc.