

# **PAL Elementary School Softball Clinic**



**Let's get ready for the season!**

**Dates:** February 5th- February 8th

**Time:** 6pm - 7:30pm

**Location:** Suffern Middle School

**Grade:** K-5th

**Cost:** \$75

**Checks:** Ramapo PAL

**Submit by:** January 15th

**Players must bring:**

- Glove
- Bat and Helmet (if they have their own)
- Water

**Players should wear:**

- Sneakers
- Short or Long Sleeve Shirt
- Sweatpants or Softball Pants

**We will work on:**

- Fielding
- Hitting
- Throwing speed and accuracy
- Running the bases
- Sliding technique
- Working as a team

If you have any questions regarding the clinic, please email [SuffernSoftball@gmail.com](mailto:SuffernSoftball@gmail.com)

All checks should be written to the Ramapo PAL. Please send checks to:

Suffern Softball Inc  
% Ramapo PAL  
PO Box 63  
Tallman, New York 10982



### 2017 PAL Elementary School Softball Camp

#### Registration and Waiver Form

Player Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Kid Shirt Size: \_\_\_\_\_

Name of Parents: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Any known medical conditions:  
\_\_\_\_\_

#### Waiver:

I give my daughter/son \_\_\_\_\_ permission to participate in the "PAL Elementary Softball Clinic" at Suffern Middle School located in the Town of Ramapo and have no knowledge of any medical conditions that would prevent her/him from participating. I hereby give permission for the coaches to administer first aid to my child in case of medical emergency. In the event I cannot be reached, I will allow the aforementioned individuals to exercise judgment in securing medical aid and ambulance services for the care and treatment of my child in such cases. Likewise, I also agree to and hold harmless those coaches and members covered under the Ramapo Police Athletic League.

\_\_\_\_\_

Parent or Guardian Signature

Date

- [President](#)
- Dennis Procter
- [Vice President](#)
- Thomas Donnelly
- [Secretary](#)
- Patrick Withers
- [Treasurer](#)
- Larry Cooperstein
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- Tom McTaggart
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- Craig Jacoby
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- [Spring Valley HS](#)
- Bill Pilla
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- Tom Byrnes
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- James Giannettino
- Anne Cauley
- [Spring Valley PD](#)
- Ronnell Charles