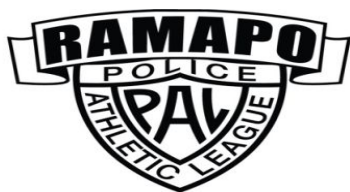


PAL Middle School Softball Clinic



Let's get ready for the season!

Dates: February 26th - March 1st

Time: 3pm - 4:30pm

Location: Suffern Middle School

Cost: \$110

Checks: Ramapo PAL

Submit by: February 1st

<p>Players must bring:</p> <ul style="list-style-type: none">● Cleats● Glove● Bat and Helmet (if they have their own)● Warm clothing to go outside (if weather permits)● Water <p>Players should wear:</p> <ul style="list-style-type: none">● Sneakers● Short or Long Sleeve Shirt● Sweatpants or Softball Pants	<p>We will work on:</p> <ul style="list-style-type: none">● Fielding● Hitting● Throwing speed and accuracy● Running the bases● Sliding technique● Pitching and Catching● Softball situational knowledge● Working as a team
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If you have any questions regarding the clinic, please email 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 Middle School Softball Camp

Registration and Waiver Form

Player Name: _____

Grade: _____ 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 Middle School 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
- [Public Liason](#)
- Tom McTaggart
- [Suffern HS](#)
- Craig Jacoby
- William Delaney
- [Ramapo HS](#)
- Duff Pannell
- [Spring Valley HS](#)
- Bill Pilla
- [Ramapo PD](#)
- Tom Byrnes
- [Suffern PD](#)
- James Giannettino
- Anne Cauley
- [Spring Valley PD](#)
- Ronnell Charles