

# MHS Softball Clinic Registration Form

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

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

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

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

Age: \_\_\_\_ School: \_\_\_\_\_

Skill Level: \_\_\_\_ 1 – 5 (1 = Rookie .....  
..5 = Travel or Middle School Player)

## Select one session:

\_\_\_\_ Session One: 10 am – 12 noon

\_\_\_\_ Session Two: 1 pm – 3 pm

## Select T-Shirt size:

Youth T-Shirt Size: (circle one)

S M L XL XXL

Adult T-Shirt Size: (circle one)

S M L XL XXL

**Note:** Walk-ins & late registrations after March 12  
are not guaranteed a t-shirt

Make \$30.00 check payable to:  
MHS Booster Club - Softball

## Mail to:

Middletown High School  
Softball Coach - c/o Scott Ahlers  
200 LaRosa Lane  
Middletown, CT 06457

Detach here and send – Keep other portion for your records – Confirmation will be by eMail

## Frequently Asked Questions

### How long is the Clinic?

We are running two separate sessions. One at 10 am for 2 hours and then a second one at 1 pm for 2 hours.

### What is the Clinic format?

The clinic will focus on skill development with the players being placed into small groups with similar skill levels. Each group will move from skill area to skill area where they will work on various skills and fundamentals.

### What is the Cost?

\$30.00 for the 2 hour session

### Who are the Instructors?

The instructors are the coaches and players from the MHS softball program.

### What should my child wear?

The clinic will take place in the MHS Gymnasium. All participants **MUST** wear sneakers to participate. Appropriate attire is athletic clothing...sweats, shorts, t-shirt, etc.

### What to bring?

Participants must bring their **Glove**. A bat is optional as we will have some bats for the hitting stations. Water is available at water fountains, there are no water bottles allowed in the Gymnasium.

### For other questions?

eMail: sbahlers@us.ibm.com

# Middletown High School



## Blue Dragons Softball Clinic

**For Girls Ages: 7-12**

**Saturday, March 17, 2012  
Middletown High School  
Gymnasium**

**Two Sessions Available:  
10 am - 12      1 pm - 3**

*Walk-ins accommodated on a first come first serve basis*

**Each pre-registered clinic participant will receive a MHS Softball Clinic T-Shirt**

**Clinic Instruction**

**The participants will be placed into small groups by age and ability.**

**Each group will receive**

**instruction in the following**

**areas:**

- Throwing and catching
- Defensive fielding – Ground balls & Fly Balls
- Hitting – Swing fundamentals
- Bunting
- Group competitions
- Base Running & Agility
- And more....

**Come meet the MHS Blue Dragons!**



**Clinic Instructors**

**MHS Varsity Softball Coach**

- Scott Ahlers

**MHS JV Softball Coach**

- Rachel Lemke

**MHS Varsity Hitting Coach**

- Tom D'Aquila

**MHS Varsity Softball Captains**

- Pam Torres – First & Third Base

- Brailey Williams – Third Base

- Cara Brainard – Pitcher, Outfield

**Rest of the MHS Softball Team**

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**CONDITION OF ATTENDANCE:**

In consideration of the Middleton High School Softball coaching staff allowing my child to attend, I (we), individually and as legal guardian(s) (and/or) parent(s) of

a minor, "my child" do hereby release, discharge, indemnify and hold harmless Middleton High School and the Middleton Softball coaches and players, and waive any and all claims or liabilities for, any injuries, losses or damages, including without limitation: injury to my child, myself and/or property arising out of any incident to my child's participation and/or attendance at the Middleton Softball Clinic, whether caused in part or in whole by the negligent act(s) or omission(s) of its directors, coaches or players. I do hereby authorize the coaches of the Middleton High School softball program to act for me according to their best judgment in any medical emergency for my child or myself.

Parent/Guardian Signature \_\_\_\_\_  
Date \_\_\_\_\_