



NEWTOWN SOFTBALL

WINTER CLINICS

SKILLS DEVELOPMENT OPPORTUNITY



Throwing, Hitting, Fielding, and Game Skills

Who Should Attend:

Newtown girls, ages 5 and older, who love the game and want to continue to play and prepare for the Spring Season. These clinics will stress the importance of sound mechanics and will teach the fundamental elements of the game. Our intention is to develop the self-confidence and the athleticism of all participants. The program is intended to be instructional, engaging, and fun!

Instruction provided by:

- Breanna Sansone and Katie Sayball - Newtown Hawks U14 Travel Coaches
- Mary Sigillo - Newtown Hawks U12 Travel Coach
- Experienced Newtown Softball instructors

Format:

- Small age-group rotation among skills stations
- 20-25 minutes per Rotation
- Scrimmage games to be held on occasion

When:

Sundays: January 6 - February 24
 U6 & U8 from 4:00 - 5:00 PM
 U10, U12, and U14 from 5:00 - 7:00 PM

Where:

Newtown Youth Academy - Turf Field

Cost:

U6 & U8: (6) sessions for \$85
U10, U12, and U14: (6) sessions for \$125

Pitching & Catching*

This is offered in addition to Throwing, Hitting, Fielding, and Game Skills. You must register for the Skills Clinic to participate in this program. Pitching & Catching will be from 4:00 - 5:00 (prior to Skills Clinic).

Pitching

Windmill, Fastpitch Softball Pitching Instruction for U10, U12, and U14. Cost is \$30 for 6 week session.

Who Should Attend:

Players who have a desire to learn the proper mechanics and fundamentals of pitching. In order to be successful, practice during the week is highly recommended and indoor drills will be provided. Catcher provided should be someone who will work with the pitcher at home and also benefit from listening to the instruction being provided.

Instruction:

Provided by **Cathy Byrne & Mary Sigillo**

Class Size:

Limited to first 12 who sign up.

** Must supply own catcher. Pitchers will be separated into age / skill level appropriate groups. **

Catching

Fundamentals of Receiving Pitches, Throwing, Blocking and Footwork for U10, U12, and U14. Cost is \$25 for 6 week session.

Who Should Attend:

This program is open to intermediate level players who have good throwing and catching skills. Players should have some experience with catching in games and an understanding of the responsibilities of the catching position.

Instruction:

Provided by **Dennis Christopher**

Class Size:

Limited to first 6 who sign up.

** Must supply own catcher's gear or arrange in advance to borrow gear from Newtown Softball. **

Players cannot register for pitching/catching in the same session due to time constraints.

Visit us at www.newtownsoftball.org to register