

PGSL



Softball Camp 2016

Monday, July 11th – Thursday, July 14th

Parent/Guardian Information Packet

Welcome!

Dear Parent/Guardian,

PGSL Softball Camp is excited to offer your player/child the opportunity to learn the fastest growing sport today, Girls Fast Pitch Softball!

We wanted to provide you with information to make the summer an organized one for you and your family

Program

Our goal is to ensure an instructional learning environment that is both safe and fun for players of all ages. Campers will focus on the importance of stretching, hitting, and offensive and defensive drills that will prepare them for higher levels of fast pitch softball competition. Players will learn the proper mechanics and fundamentals of throwing, catching, hitting, base running and fielding.

Session Dates

Monday, July 11th – Thursday, July 14th

Arrival

All arriving campers are asked to meet at West Roxbury High School on Monday, July 11th. A registration table will be set-up where players will be able to check-in and receive a name tag. Check-in begins promptly at 8:45AM. Camp will start at 9AM.

If your player will be coming to camp late, needs to be picked up early or will be absent, please contact Janelle Carlson at (774) 930-5455. This will help to ensure we know where everyone is.

Players will meet daily at West Roxbury High School.

Departure

Players will be dismissed from camp at 12:30PM.

Please try to be prompt in picking up your player. If a problem does arise, please don't hesitate to contact Janelle Carlson so arrangements can be made to supervise your child.

Waiver of Release, Photo Release and Health Record Forms

We kindly ask that the Waiver of Release, Photo Release and Health Record form be returned prior to the first day of camp. They can be mailed to:

**PGSL
PO BOX 320354
West Roxbury, MA 02132**

Dress

Players will need to bring cleats/sneakers to camp each day along with their glove. They are encouraged to wear clothing suitable for the weather (athletic shorts, t-shirts, sliding shorts etc.). Please take into consideration that it may be hot and there's not too much shade. Sun screen is recommended.

Weather

In the event that it rains, we do have an alternate site set up. West Roxbury High School Gymnasium will be our indoor solution.

If it is raining prior to camp opening, please call the PGSL phone number (617-571-3457).

Lunch

There will be snack/drink breaks throughout the duration of camp. There will be no lunch.

Insurance

PGSL Softball Camp is insured through Parkway Girls Softball League. All Parkway Girls Softball League Players do have insurance through the league.

In closing, please remember the following items during camp:

- Cleats/sneakers
- Drink/snack
- Glove
- Sunscreen
- Hat (optional)

On behalf of the PGSL Softball Camp staff, we would like to thank you in advance for the opportunity to coach your daughters. We greatly look forward to instructing your players and teaching them the essential fundamentals, mechanics, drills and skills of fast pitch softball.

Please read over the enclosed material and return the required forms to PGSL prior to the first day of camp. We look forward to seeing you soon!

Sincerely,

Janelle Carlson

2016 Registration

Player's Information

Name: _____

Address: _____

Town/City: _____ State: _____

Home Phone: _____ Cell Phone: _____

Age: _____ Birthdate: _____

T-Shirt Size (Youth Sizes): XS S M L XL

Parent/Guardian Information #1

Name: _____

Home Phone: _____

Cell Phone: _____

Parent/Guardian Information #2

Name: _____

Home Phone: _____

Cell Phone: _____

Medical/Emergency Contact Information

Contact Name: _____

Phone: _____

Relationship to Player: _____

Please check the appropriate box below:

- \$125**/Parkway League Player
- \$150**/Non-Parkway League Player

***Please make checks payable to:**
Parkway Girls Softball League

***Send to:**
PO BOX 320354
West Roxbury, MA 02132

*There is a \$50 **non-refundable** deposit required to hold a player's spot, while the remaining balance is due by the first day of camp

WAIVER OF RELEASE

I/We _____ the parents and guardians of the above applicant who is a candidate for a position on a Parkway Girls Softball League(PGSL) team, hereby give my/our approval to his /her participation in any and all of the activities of the PGSL during the Parkway Girls Softball Camp. I/We assume all risks and hazards incidents to the conduct of the activities and transportation to and from the activities. I/We do further hereby release, absolve, indemnify and hold harmless PGSL the organizers and supervisors, any and all of them. In case of injury to my/our girls, I/We hereby waive all claims against the organizers, the sponsors or any of the supervisors appointed by them. I/We likewise release from responsibility any person transporting my/our girl to or from the activities. I/We will furnish a certified birth certificate and proof of residency of the above name candidate upon the request of league officials.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

HEALTH RECORD

for PGSL Campers

If your child has life threatening allergies, you must complete the authorization for Emergency Treatment form.

Camper's Name: _____ Date of Birth: _____

HEALTH HISTORY

(Please put NA if non-applicable)

- Ear infections
- Asthma
- Diabetes
- Convulsion
- Behavior
- Other _____
- Medications Taken _____
- Conditions that require activity to be restricted _____

Allergies:

- Hay Fever
- Poison Ivy
- Insect Stings
- Pencillin
- Other _____

PERMISSION TO ADMINISTER MEDICATION

(Please check which medication can be administered)

- Asthma Medication*
- EPIPEN
- Benadryl

*Send medications is original pharmacy bottle

CONSENT FOR RELEASE OF MEDICAL INFORMATION AND EMERGENCY TREATMENT

Medical information will be shared as appropriate, with involved camp staff.

In case of an emergency every attempt will be made to reach the parent/guardian immediately.

In the event I cannot be reached in an emergency, I give permission to PGSL Softball Camp to take my child to the nearest medical facility for emergency treatment.

Parent/Guardian Signature: _____ Date: _____

Photo Release Form

I hereby grant Parkway Girls Softball League permission to use my likeness in a photograph on the PGSL website and East Coast Pitching website, without payment or any other consideration.

(Signature)

(Date)

(Printed Name)

If the person signing is under age 21, there must be consent by a parent/guardian, as follows:

I hereby certify that I am the parent/guardian of _____,
named above, and do hereby give my consent without reservation to the foregoing on
behalf of this person.

(Parent Signature)

(Date)

(Parent/Guardian's Printed Name)

Daily Camp Schedule

The camp will be divided into four groups. Each group will rotate on a 30-minute session schedule. Players will be assigned a group.

Group A

	Monday	Tuesday	Wednesday	Thursday
8:30-9:00AM	Player sign-in & Parent/Player/Coach Mtg.			
9:00-9:15AM	Warm-ups	Warm-ups	Warm-ups	Warm-ups
9:20-9:40AM	Session 1	Session 2	Session 3	Session 4
9:50-10:10AM	Session 2	Session 3	Session 4	Session 1
10:20-10:35AM	BREAK	BREAK	BREAK	BREAK
10:45-11:05AM	Session 3	Session 4	Session 1	Session 2
11:15-11:35AM	Session 4	Session 1	Session 2	Session 3
11:35-11:50PM	BREAK	BREAK	BREAK	BREAK
11:50-12:20PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage
12:25-12:30PM	Debriefing	Debriefing	Debriefing	Debriefing
12:30PM	Pick-up	Pick-up	Pick-up	Pick-up

Group B

	Monday	Tuesday	Wednesday	Thursday
8:30-9:00AM	Player sign-in & Parent/Player/Coach Mtg.			
9:00-9:15AM	Warm-ups	Warm-ups	Warm-ups	Warm-ups
9:20-9:40AM	Session 4	Session 3	Session 2	Session 1
9:50-10:10AM	Session 1	Session 4	Session 3	Session 2
10:20-10:35AM	BREAK	BREAK	BREAK	BREAK
10:45-11:05AM	Session 2	Session 1	Session 4	Session 3
11:15-11:35AM	Session 3	Session 2	Session 1	Session 4
11:35-11:50PM	BREAK	BREAK	BREAK	BREAK
11:50-12:20PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage
12:25-12:30PM	Debriefing	Debriefing	Debriefing	Debriefing
12:30PM	Pick-up	Pick-up	Pick-up	Pick-up

Group C

	Monday	Tuesday	Wednesday	Thursday
8:30-9:00AM	Player sign-in & Parent/Player/Coach Mtg.			
9:00-9:15AM	Warm-ups	Warm-ups	Warm-ups	Warm-ups
9:20-9:40AM	Session 3	Session 4	Session 1	Session 2
9:50-10:10AM	Session 4	Session 1	Session 2	Session 3
10:20-10:35AM	BREAK	BREAK	BREAK	BREAK
10:45-11:05AM	Session 1	Session 2	Session 3	Session 4
11:15-11:35AM	Session 2	Session 3	Session 4	Session 1
11:35-11:50PM	BREAK	BREAK	BREAK	BREAK
11:50-12:20PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage
12:25-12:30PM	Debriefing	Debriefing	Debriefing	Debriefing
12:30PM	Pick-up	Pick-up	Pick-up	Pick-up

Group D

	Monday	Tuesday	Wednesday	Thursday
8:30-9:00AM	Player sign-in & Parent/Player/Coach Mtg.			
9:00-9:15AM	Warm-ups	Warm-ups	Warm-ups	Warm-ups
9:20-9:40AM	Session 2	Session 1	Session 4	Session 3
9:50-10:10AM	Session 3	Session 2	Session 1	Session 4
10:20-10:35AM	BREAK	BREAK	BREAK	BREAK
10:45-11:05AM	Session 4	Session 3	Session 2	Session 1
11:15-11:35AM	Session 1	Session 4	Session 3	Session 2
11:35-11:50PM	BREAK	BREAK	BREAK	BREAK
11:50-12:20PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage
12:25-12:30PM	Debriefing	Debriefing	Debriefing	Debriefing
12:30PM	Pick-up	Pick-up	Pick-up	Pick-up

Session 1 – Infield

Session 2 – Outfield

Session 3 – Batting

Session 4 – Base Running

Directions

BILLINGS FIELD

Outside of Boston

- Take Route 95 to Exit 18, GREAT PLAIN AVE toward DEDHAM/ W. ROXBURY.
- Very shortly GREAT PLAIN AVE becomes NEEDHAM ST
- In about a mile, slight right to stay on NEEDHAM ST
- In 1/2 mile, Turn SLIGHT LEFT onto BRIDGE ST/ MA-109.
- MA-109 becomes SPRING ST and in 3/4 miles, SPRING ST becomes CENTRE ST
- You'll come to the field when Centre Street hits Lagrange

From Boston

- From Huntington Avenue at Northeastern University, follow Huntington away from Boston for 1.6 miles
- Turn LEFT onto S HUNTINGTON AVE, proceed 0.88 miles
- Turn SLIGHT RIGHT onto CENTRE ST. Pass through 2 roundabouts.
- After 4 miles, at the corner of LaGrange Street and Centre Street in West Roxbury, is Billings Field.

WEST ROXBURY HIGH SCHOOL

From Boston

- Take the RIVERWAY, which becomes the JAMAICAWAY which becomes ARBORWAY/MA-203 E.
- Take 1st exit onto CENTRE ST
- Go 1 mile and turn SLIGHT RIGHT onto VFW PKWY
- After 0.7 miles, you will come to a rotary -- be sure to take 2nd exit to stay on VFW PKWY
- After 2.1 miles, you will come to West Roxbury High School

From Rt -95

- From Route 95 (128) Take Exit 18. Go Towards West Roxbury - Needham St.
- Follow Needham St. all the way to the end.
- Take left onto Bridge Street.
- At first light, take a left onto VFW Pkwy (Rt 1).
- Go straight through one set of lights. West Roxbury High School will be on your left.
- You need to make a U-Turn on the VFW Pkwy and then turn right into the high school driveway. The field is in the back on your left at 1205 VFW Parkway