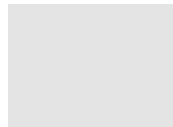


Remove and mail to:

Lisa McGloin

91 Woodlawn Street, Lynn, MA 01904



## DIRECTIONS:



Concord-Carlisle Regional High School  
500 Walden Street  
Concord, MA 01742

FROM BOSTON: Rte. 2 to Rte. 126. Turn right at lights. School driveway on left at bottom of hill

FROM WALTHAM AREA: Rte. 128 South to Rte. 2. Take Rte. 2 West to Rte. 126. Turn right at lights. School driveway on left at bottom of hill.

FROM LEXINGTON & NORTH OF 128 BELT: Rte. 128 South to Rte. 2. Take Rte. 2 West to Rte. 126. Turn right at lights. School driveway on left at bottom of hill.

FROM LOWELL AREA: Lowell to Chelmsford, Carlisle to Concord. Enter Concord Center from Lowell Road. Through Center on Main Street to Sudbury Road. Left on Thoreau Street. School Driveway on right.

FROM WESTERN MASS: Mass Turnpike to Rte. 495 Exit. North to Rte. 2 East. Turn left at Rte. 126. School driveway is on left.



# SOFTBALL CATCHING AND HITTING CLINIC



## FOUR SUNDAY MORNINGS

Jan 23rd, Jan 30<sup>th</sup>, Feb 6th and  
Feb 13th

**At Concord-Carlisle High School**

\* with use of two full sized gyms, batting cages, and video equipment

## THE INSTRUCTORS

**Lisa McGloin** – In her tenth year as head coach at Concord-Carlisle. Coaches the Concord Raiders 18U summer team. Lisa was the starting catcher for her four years at UNC and is the director of this clinic.

**Jill McElroy** – Head Coach of Reading High School for past fifteen years. Her Rockets won Division I State Tournament in 2001. Known as one of the best coaches in the state and 2006 Boston Globe coach of the year. Coach McElroy will run the hitting portion of this clinic.

**Tara Petrocelli**- Head Coach at Danvers High School for the past five years. Danvers led her team twice to the North Sectional Finals. Her team has appeared in the state tournament every year since she became head coach .

**Emily Day** – Assistant Coach and hitting coach at St. Mary’s High School whose team won the Division II State Title last two years. Played outfield at Sienna University.

**Joslin Higgins** - 4 year starter at UNC. ACC Rookie of the Year in 2004 and All-ACC Academic team in 2006 & 2007.

### Things to Remember on Clinic Day:

- \* Make sure you bring sweatbands if you plan on wearing shorts. Bring Sneakers.
- \* CATCHERS – Bring your catching gear and put it on as soon as you arrive!
- \* Everyone should wear batting gloves
- \* Bring your own bat and helmet

In the event of weather issues, please check your email and [HYPERLINK "http://www.raiderssoftball.com"](http://www.raiderssoftball.com) for cancellation information

### **QUESTIONS????**

781-842-0084 or catch15@prodigy.net

### Hitting:

Getting ready to hit from forty-three feet or still hitting from forty? Timing and hitting mechanics are more important than ever changing distances. Hitting groups will be adjusted to work with both players hitting at forty and forty three feet. Players will do a variety of drills to improve their hitting mechanics as well as hit live off batting machines and front toss. Time will be spent working on how to hit change ups and various pitches. Use of videotape analysis will also be used. Come improve your hitting mechanics so you are prepared for the upcoming season.

### Catching:

Practice time is usually devoted to improving the skills of pitchers and fielders at most practices. Pitchers spend a great deal of time improving their skills in the off season. Little attention is devoted to the art of catching. This portion of the clinic is devoted exclusively to developing the skills of catchers. Various drills will be used to improve the mechanical aspects of catching including blocking, framing pitches and throwing out base runners. Topics will also include fielding bunts, reacting to wild pitches, force and tag outs. Come develop your catching skills and make yourself a better catcher.

## APPLICATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_  
School \_\_\_\_\_ Position \_\_\_\_\_ Grade: \_\_\_\_\_

Friends Attending Clinic: \_\_\_\_\_

Circle One : Session I – Hitting: 8:30- 9:45 a.m (\$100) Session II – Catching: 10:00 – 11:15 a.m.(\$100)

Both Session I & II (\$170)

☞ Make checks payable to Lisa J. McGloin