



High School Readiness Softball Clinic

Time to get ready for the high school season!

Four Sunday Nights:

February 28th, March 6th, March 13th, & March 20th

@ Concord-Carlisle High School

Cost is \$140 per player (Grades 9-12 only)

Things to bring:

- Glove
- Bat
- Helmet
- Batting Gloves
- Sweats
- Water

This clinic will be highly demanding, practical, and will prepare and condition players for the upcoming 2016 high school season. Players will be actively moving through a battery of drills and stations. The clinic will primarily focus on the skills of throwing, fielding, base running and hitting.

Some of the highlights include:

- Use of Indoor batting cages
- Live fielding practice
- State of the art strength and conditioning exercises
- Weekly competitions to test your skills.
- An opportunity to work with a variety of high school coaches
- A chance to work with your teammates before tryouts

Two-hour time slots between 5:30pm-8:00pm with exact time to be emailed to maximize space. ***You will be matched with teammates from your school.*** Please be sure to check your email on the morning of 2/28 to find out your group starting time. Due to space and time constraints, no pitching time will be covered.

Instructors include:

Lisa McGloin: Entering her 16th year as the Concord-Carlisle head coach, her Patriots have appeared in the state tournament every year, with four appearances in the semi-final of the state championship. President, founder and coach of the Raiders Softball program. Lisa was the starting catcher for 4 years at UNC and has been the director of this clinic for over...years.

Jill McElroy: Head coach of the Reading High School Rockets for over 16 years, she won the State Tournament in 2001 and went to the state finals in 2015. Known as one of the best infield coaches in the state and was the 2006 Globe Coach of the year

Emily Day: Former assistant hitting coach at St. Mary's, her team won 3 state titles. She also coaches in the Raiders organization, and played outfield at Siena University.

Megan Sudak: Entering her 8th season as Head Coach at Beverly High School, her Panthers have won the NEC Sportsmanship award for 7 straight years. Coach Sudak also coaches in the Raiders Organization and played at Babson College

John MacIssac: Head Coach Waltham High School, John also coaches in the Raiders Organization.

Bob Magarian: Head Coach, Belmont High School

Mike Ng: Head Coach, Lexington High School

Additional guest coaches to be added.

Additional Instructors will be added to keep a low player to coach ratio

Application

Name: _____ Grade: _____ Position: _____ School: _____

Address: _____

Email: _____

Friends Attending clinic: _____

Level Played during 2015 Season: Varsity / JV / Freshman / Did not Play

All players will be assigned a group based on teammates, friends attending and/or abilities. The time slots will run for 2 hours. You will receive an email about your group start time during the weekend of the clinic. Please be sure your address is legible. Please make all checks payable to Lisa J. McGloin. Please mail application to: **Lisa McGloin, 101 North Common Street, Lynn, MA 01902.** Any questions, please email raiderssball@gmail.com.