

Session Emphasis & Focus Areas

Pitching Session:

Drills, conditioning, and the mental preparation that will help develop pitchers in all aspects of the game. Pitcher will work on pitch location, leg drive, upper body, grips, movement, spins, and much more.

Note: Pitchers, **please bring your own catchers if possible.** They will not be charged unless they participate in the catching session.

Catching:

Players will get instruction on stance, signs, receiving, framing, blocking, proper throwing mechanics, fielding bunts, tags, and the mental aspects of dealing with pitchers. **Catchers must bring a mask, shin guards and chest protector.**

Hitting Session:

Instruction will include swing mechanics, slapping mechanics, hitting philosophies, various drills, grip, stance, load, stride, contact points, proper pitch selection, situational hitting, short game, offensive techniques, and much more.

Defensive Skills Session:

Instruction will focus on basic through advanced softball fundamentals at all levels: throwing, fielding, footwork, transfer, positioning, charging, short game, infield and outfield play.



2019 SCHEDULE

March 17-23 Sunkissed Games- 10 games (TBA)
@ Kissimmee, FL

March 27 **Home** vs Carroll Univ. (DH) 3pm

March 30 @ Beloit Home * (DH) 1pm

March 31 @ Lake Forest *(DH) 12noon

April 2 **Home** vs Ripon College* (DH) 3pm

April 3 @ UW-Eau Claire (DH) 3pm

April 6 @ Knox College * (DH) 1pm

April 7 @ Illinois College * (DH) 12noon

April 10 **Home** vs Lawrence * (DH) 3pm

April 11 **Home** vs UW Stevens Point (DH) 3pm

April 13 **Home** vs Grinnell College* (DH) 1pm

April 14 **Home** vs @ Cornell College* (DH) 12noon

April 17 @ Carthage College (DH) 3pm

April 22 @ UW-La Crosse (DH) 3pm

April 23 **Home** vs UW-Oshkosh (DH) 3pm

April 27 vs Monmouth College * (DH) @ Janesville *

*Midwest Conference Game



Follow Green Knights Softball!



St. Norbert College Softball



@SNCS softball



St. Norbert College 2019 Softball Fundamentals Camps

Grades 3-6

Sunday – February 17

Grades 7-12

Sunday - February 24



FOR MORE INFORMATION:

Coach JoAnn Krueger

(920) 619-6237

joann.krueger@snc.edu

www.snc.edu/athletics/softball

Our Mission:

St. Norbert College Softball strives to develop a camper's mental and physical fundamental softball skill set in a fun, engaging environment.

More Info:

SNC Softball Camps take place on the Campus of St. Norbert College inside the Mulva Family Fitness Center located at the corner of Third and Marsh Streets in DePere, WI. Find us online:
www.snc.edu/campusmap

Bring your bat, glove, helmet, water bottle, batting gloves, and a positive attitude! (Bats and helmets are available, if needed.) Wear appropriate athletic clothing and tennis shoes. Please also bring a snack or light lunch if you are joining us for all three sessions!

Interested in learning more about St. Norbert College Athletics?

www.snc.edu/athletics

Camp Schedule

Sunday, February 17

* Grades 3-6

- [] Session 1: Pitching & Catching
9:00 - 10:30am __Pitcher __Catcher
[] Session 2: Defensive Skills
10:45 - 11:30am
[] Session 3: Hitting Fundamentals
11:45 - 1:00pm

Sunday, February 24

*Grades 7-12

- [] Session 1: Pitching & Catching
9:00 - 10:30am __Pitcher __Catcher
[] Session 2: Defensive Skills
10:45 - 11:30am
[] Session 3: Hitting Fundamentals
11:45pm - 1:00pm

SESSION PRICING:

1 Session = \$40 pre-registered, or \$50 day of

2 Sessions = \$75 pre-registered, or \$85 day of

3 Sessions = \$110 pre-registered, or \$120 day of



How to Sign Up:

1. Print this form.
2. Select the session(s) you wish to attend.
3. Parent signatures required below.
4. Include payment: checks payable to:

St. Norbert College

Mail to: St. Norbert College Softball Camps
Attn: JoAnn Krueger
100 Grant Street
DePere, WI. 54115

PLAYER NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE(S) _____ & _____

T-SHIRT SIZE: YL YXL AS AM AL AXL- Circle size

EMAIL _____

SCHOOL _____ GRADE _____

Total Amount Enclosed \$ _____

SNC SOFTBALL CAMP PERMISSION & MEDICAL RELEASE

I understand and acknowledge that my child may suffer serious injury by participating in the St. Norbert College Softball Clinic. With full knowledge of the risk enumerated, I hereby authorize the clinic coaches, trainers, and athletic staff, in my behalf, to administer emergency medical treatment to attending the above mentioned clinic. This permission extends the right of those enumerated to arrange for medical personnel, and for them to apply any emergency techniques they deem appropriate to treat any injury or illness sustained by my child.

I hereby agree to release, indemnify, and hold harmless St. Norbert College Inc. and the Premonstratensian Fathers, and their officers, directors, staff, members, and agents from damage, or death to my child or her personal property arising from or in connection with the participation of my child in any of the St. Norbert College softball clinics, including damages related to medical care as authorized in this statement. I certify that my child is in good health and is able to participate in this camp without risk to her health. I, the guardian of the registrant, agree that I and the registrant will abide by the rules of the clinic. I have read and fully understand the above statements.

Signature of Legal Guardian Date