

Marshalltown Community College 2017-18 Camp • 5-16 years old

SOFTBALL

The MCC Softball Program is offering a unique opportunity for softball players to improve their skills. Participants will work with MCC softball coaches and players to personalize an off-season workout that includes techniques and drills used by the NJCAA Division I MCC Tigers.

"Most players go to several camps or clinics and are often told to try to pick up on one or two things that they can take away from the camp. This is a valuable part of the learning experience. We offer something a little different. We provide an individualized plan that each player can take with her to improve throughout the off-season. This includes age-appropriate strength and conditioning as well as softball specific drills." - MCC Head Coach Garland Shirley

Camp is on Sunday, Jan. 28. **Skills Session 1:** (5 yr-10 yr) Noon-2 pm; **Pitching Session** (All Ages) 2:15-3:15 pm; and **Skills Session 2:** (11 yr-16 yr) 3:30-5:30 pm.

Cost is \$40 for skills sessions and \$20 for the pitching session.

Work with the MCC Softball Coaching staff to build an off-season plan to become a better player. You will develop an individualized plan for: Strength and Conditioning, Speed and Agility, Hitting, Fielding, Catching and Pitching. Use this plan to have an effective off-season of tangible improvement! See improvement from session to session and add new drills to continue seeing progress.

MCC TIGER SOFTBALL SCHOOL (5-16 yrs old)			
Check sessions attending	DATE	TIME	SESSIONS
	Jan. 28, 2018	12:00 - 2:00 pm	Skills Session 1 (5 yr-10 yr)
	Jan. 28, 2018	2:15 - 3:15 pm	Pitching Session
	Jan. 28, 2018	3:30 - 5:30 pm	Skills Session 2 (11 yr-16 yr)



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REGISTRATION INFORMATION			
Camper's First & Last Name:			
Date of birth (MM/DD/YYYY):		Grade:	
Position:			
Parent/Guardian Information			
Parent's First & Last Name:			
Email:			
Address:	City:	State:	Zip:
Home Phone:	Work Phone:	Cell:	
Total Cost:			

For more information contact: Kathleen Brown • 641-844-5670 • Email: Kathleen.Brown@iavalley.edu
Registration also available online at www.MCCAthletics.com

Fill out form. Make check payable to IVCCD. Mail to: MCC Softball, 3700 S. Center St. Marshalltown, IA 50158