

Blue Hen Softball Camps

Summer 2008

The all skills camp will include basic fundamentals and techniques of softball at all levels, both offensively and defensively. Campers will be split into smaller groups for more individual attention following each master lesson. Position play will be included to allow campers the ability to work at a position of choice, including pitching.

July 7th-10th- All Skills Softball Camp - Ages 9-12 years old
Cost- \$200

Pitching/Catching Camp

The Pitching/Catching Camp will focus on developing good fundamentals. The pitchers and catchers will be separated to work on individual position specific skills. Pitchers will strengthen their game by learning new pitches and fine-tuning existing pitches, as well as learning new drills to enhance speed development. Catchers will focus on developing blocking, framing, communication, transitions, and throw downs.

July 14th- 17th – 9:00am-12:00pm- Pitching/Catching Camp- Ages 12-18 years old
Cost- \$125

Hitting Camp

The hitting camp will focus on the proper mechanics of hitting. We will break down the fundamentals, incorporate different approaches, and develop the mental strategies involved in hitting at all levels. In addition, core strengthening drills will be introduced specific for hitting.

July 14th-17th – 1:00pm-4:00pm- Hitting Camp– Ages 12-18 years old
Cost- \$125

(If you are interested in both Pitching/Catching and Hitting camps, the cost will be \$200)

Should you have any questions please contact Adrienne Clark at (516)322-3222 or adclark7@aol.com. For a registration form go to www.bluehensoftballcamp.com or www.udel.edu/sportsinfo/softball .