



High School Softball Pre-Season Training Camp

Snyder Baseball & Softball Academy • Haymarket Sportsplex



Be ready for High School Try-outs!

Virginia High School softball seasons begin Monday February, 22, 2010. Our Pre-Season Training Camp is designed to put you ahead of the competition. During the 7 week program, our professional instructors will help you prepare for the season by taking you through 90 minutes of intense drills and activities.

Instruction to improve your skills will be provided, along with a focus on high repetitions. This will be a fast-paced training camp designed to get you game ready! It is recommended that participants have previous softball experience.

7 Weeks – 1.5 hour sessions

Cost: \$275

Ages 13-18 yrs (eligible for H.S. Tryouts)

Instructors:

Courtney Bures
Amber Jackson
Erin Goettlicher

Skills Covered:

Offense (hitting, bunting, baserunning)
Defense (footwork, fielding, throwing)
Conditioning (agility, speed, flexibility)

Wednesday Sessions (Jan 6, 13, 20, 27, Feb 3, 10, 17)

Session 1: 4:00-5:30pm Session 3: 7:30-9:00pm
Session 2: 6:00-7:30pm

Saturday Sessions: (Jan 9, 16, 23, 30, Feb 6, 13, 20)

Session 1: 10:00-11:30am Session 2: 11:30-1:00pm

Participant Information

Name: _____ Birthdate: _____ Grad Yr/ Grade: _____
 Address: _____ School: _____
 City, State: _____ Team/ Organization: _____
 Zip Code: _____

Parent/Contact Information 1

Name: _____
 Phone 1: _____
 Phone 2: _____
 Email: _____

Parent/Contact Information 2:

Name: _____
 Phone 1: _____
 Phone 2: _____
 Email: _____

Emergency Contact: _____

Check the session(s) you are signing up for:

Choose from either Wednesday, Saturday, or both. (5% off for more than 1 session)

Wednesday Sessions (Jan 6, 13, 20, 27, Feb 3, 10, 17)	\$275	Saturday Sessions (Jan 9, 16, 23, 30, Feb 6, 13, 20)	\$275
Session 1: 4:00-5:30pm	<input type="checkbox"/>	Session 1: 10:00-11:30am	<input type="checkbox"/>
Session 2: 6:00-7:30pm	<input type="checkbox"/>	Session 2: 11:30-1:00pm	<input type="checkbox"/>
Session 3: 7:30-9:00pm	<input type="checkbox"/>		

Medical Consent/Waiver:

I hereby state that my child is in good health, and has my permission to participate in all Snyder Baseball & Softball, and Haymarket Sportsplex activities. In the event of injury or illness, I authorize Snyder Baseball & Softball, and Haymarket Sportsplex staff to act for me in securing medical treatment. By signing below, I agree that in case of accident or injury while attending a Snyder Baseball & Softball, and Haymarket Sportsplex program, to release the facility, the ownership, the coaches and directors from any and all liability. Each child is required to carry personal medical coverage.

Parent/Guardian
Signature: _____

Email or call us with any questions: ErinG@ProSoftballTraining.com

Payment Information

Sub Total: _____

Discount: _____
(5% off of total for multiple sign-ups)

Total Due: _____

Medical Consent/Waiver signed (left): Yes

Make check payable to Haymarket Sportsplex

Complete signup form, attach check, and send to our mailing address below.

OR

Email us the completed form, and email or call us with your credit card information.

Physical Address:

6614 James Madison Hwy
Haymarket, VA 20169

www.HaymarketSportsplex.com
www.SnyderBaseball.com

Mailing Address:

Haymarket Sportsplex
PO Box 1050 • Haymarket, VA 20168