

## Coaching Staff:

Head Coach Whitney Gelin is passionate about teaching the fundamentals to all age levels and her Staff and athletes share in that passion!

Come learn how to improve your fundamentals of the game! ALL

CLINICS ARE DESIGNED AND ORGANIZED so ALL skill levels

learn something and can take new skills home with them to im-

plement in their home workouts!



### Complete and Mail In Below Form:

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Clinic Date Attending: \_\_\_\_\_  
I do not hold Greensboro College or Staff responsible for injury that occurs while my daughter attends camps. An Emergency Contact Number is: \_\_\_\_\_ and the Emergency Contact Name is: \_\_\_\_\_.  
This number will be called in case of emergency. Parent/Guardian Release or Signature \_\_\_\_\_

**Hitting & Defense:** Learn how to get more power from your swing and the skills for Slap Hitting. The skills for slapping from the right side and left side will be taught. Catching and Throwing are two overlooked areas of our game. Spend quality time learning to improve your throwing mechanics, spin, and power. Infield and Outfield mechanics will be covered this session as well!

**Pitching & Catching:** Learn the skills needed to take your pitching and catching to the next level. Get a jump start on your preseason workouts, by knowing WHAT you should be working on. Pitchers and catchers will be Separated according to position and skill level for most of the session before they come back together to work on pitching and catching together.

- Catchers are required to bring their own gear!

**Speed, Agility & Quickness:** Learn the correct form of running and drills to increase speed and agility. Athletes will also be taught weight room basics and exercises to strengthen core muscles used in softball as well as exercises for injury prevention.

***Train with College Coaches  
and College Players and learn  
the Skills taught at their level!***

## WINTER CLINICS:

- 1/30: DEFENSE 9 - 12:00
  - 1/30: HITTING 12:30-3:30
  - 1/30: SPEED AGILITY QUICKNESS 4 - 6:30
- 
- 1/31: PITCHING & CATCHING: 1-4PM

Ages 8 - 18

**Cost: Jan 30**

One Session : \$ 45

Two Sessions : \$80

WHOLE DAY : \$ 115 does not include P/C clinic next day

**Cost: Jan 31**

P/C : \$50

Email or Call Coach Gelin:

Whitney.gelin@greensborocollege.edu  
919.360.8366

[www.greensborocollege.edu](http://www.greensborocollege.edu)

**MAIL FORM TO: Coach G**

**815 W Market St. Gso, NC 27401**

**Checks payable to Greensboro College Softball**

All Winter Clinics will be held at Reynolds Indoor Facility on Campus. Directions can be found on the Greensboro College Website. Please bring all equipment needed and tennis shoes. ( NO CLEATS)

**REMEMBER TO PACK A LUNCH AND SNACKS  
IF YOU ARE PLANNING TO STAY THE WHOLE  
DAY. LUNCH WILL NOT BE PROVIDED.**

# Pride Softball

## Home Game Schedule

### February

Wed 17th @ Guilford College 2pm/4pm

### March

Sun 21st Bridgewater College 2pm/4pm

Tues 23rd Methodist College 2pm/4pm

Sat 27th Christopher Newport 2pm/4pm

### April

Fri 2ed Mary Baldwin College 2pm/4pm

Sat 3rd Shenandoah University 2pm/4pm

Tues 6th Meredith College 2pm/4pm

Wed 21st Lynchburg College 2pm/4pm

**WE HOPE TO SEE YOU OUT THERE!!!!**

Register for Nike Softball Camp  
held at Greensboro College

June 14th—17th online at  
[www.ussportscamps.com](http://www.ussportscamps.com)

## *Greensboro College Softball Winter Clinics*



January 30, 2010

January 31, 2010