

Kougar Winter Camps

The Kishwaukee Kougar Softball Program is hosting a series of softball camps over the winter to help girls (3rd thru 12th grade) be the player they want to be next spring. All of the camps will be held in the gym at Kishwaukee College. The camps will be offered on a first come basis with a No Refund policy. The winter camps are:

Defensive Skills & Baserunning (\$60)

This camp will cover the basics of throwing, fielding and baserunning.

Pitching (\$60) - Fundamental & Advanced
These camps are only pitching. These camps will cover fundamentals through advanced pitches. Though this is a group camp, participants will be coached according to their respective skill level. Each pitcher must supply their own catcher.

Catching (\$40) 01/10 - 01/24

This is a catchers camp. This camp will cover receiving, pitch blocking, throws, plate coverage and game situations. Catching Camp participants must provide their own catcher's gear.

Hitting (\$60)

This is a hitting only camp. This camp will cover hitting and bunting.

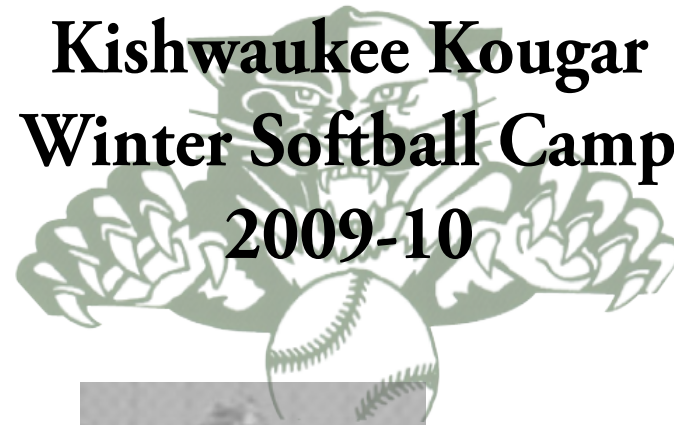
Slap Hitting (\$25) 01/31 - 02/07

This is a slap hitting only camp. This camp will cover slap hitting and bunting from the left side.

NO REFUNDS

Kishwaukee College Softball
21193 Malta Rd
Malta, IL 60150

Kishwaukee Kougar Winter Softball Camp 2009-10



Catching Throwing Fielding



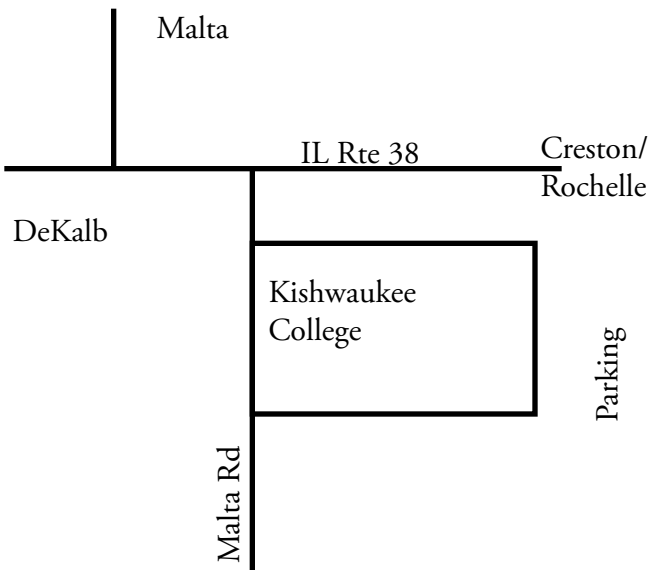
Pitching Hitting Sliding Slapping



The Kishwaukee Kougars hold 2 five-week sessions of winter softball camps. These camps are designed to help girls 3rd grade and up improve their softball skills and run by the Kishwaukee Kougar coaching staff and players.

Session 1:
 Sunday Nov. 15, 22, 29 & Dec. 6 & 13
 Session 2:
 Sunday Jan. 10, 17, 24, 31 & Feb. 7

All camps are held at Kishwaukee College in the gym. Entrance to the gym is located at the back of the Main building. Men should use the center locker room door*, the women's locker room door is located in the alcove to the right as you look at the rear of the building**. Wear comfortable clothes and indoor gym shoes.



Camp Staff

Bill Becker - Head Softball Coach
 Kishwaukee College
 Amber Fleetwood - Assistant Softball Coach, Kishwaukee College
 Sara Becker - Private Softball Instructor
 Former NKU thirdbaseman
 Kishwaukee Kougar softball players, past and present



Kougar Winter Camps 09-10

- Session 1 Sundays Nov. 15, 22, 29 Dec. 6, 13**
 Defensive Skills & Baserunning 1pm-2pm (\$60)
 Hitting 2pm-3pm (\$60)
 Pitching (fundamentals) 3pm-4pm (\$60)
 Pitching (advanced) 4pm-5pm (\$60)
Session 2 Sundays Jan. 10, 17, 24, 31 Feb. 7
 Hitting 1pm-2pm (\$60)
 Catching 2pm-3pm (01/10 - 01/24) (\$40)
 Slap Hitting 2pm-3pm (01/31 - 02/07) (\$25)
 Pitching (fundamentals) 3pm-4pm (\$60)
 Pitching (advanced) 4pm-5pm (\$60)

A camper will only receive one T-shirt no matter how many camps she attends.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 School _____ Grade _____

T-Shirt: Circle 1, Adult Sizes Only

S M L XL

Return & Checks Payable to:
 Kishwaukee College Softball
 21193 Malta Rd
 Malta, IL 60150

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