

# REGISTRATION FORM

Name \_\_\_\_\_ Grade \_\_\_\_\_ Phone \_\_\_\_\_  
 Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_ Coach \_\_\_\_\_

## Sessions

Sunday, February 5<sup>th</sup>  Pitching 3<sup>rd</sup>-8<sup>th</sup> Graders (1 p.m. - 4 p.m.)  
 Sunday, February 26<sup>th</sup>  Pitching 3<sup>rd</sup>-7<sup>th</sup> Graders (9 a.m. - 12 p.m.)  Fundamentals 3<sup>rd</sup>-7<sup>th</sup> Graders (1 p.m. - 4 p.m.)  
 Sunday, March 11<sup>th</sup>  Pitching 8<sup>th</sup>-12<sup>th</sup> Graders (9 a.m. - 12 p.m.)  Fundamentals 8<sup>th</sup>-12<sup>th</sup> Graders (1 p.m. - 4 p.m.)

Skill Level: Beginner Intermediate Advanced Jr. Varsity Varsity Position \_\_\_\_\_

Shirt Size: S M L XL XXL Youth Sizes: M L

Pitching Clinic Only: Catcher's Name \_\_\_\_\_

Coach's T-Shirt Size (optional for an additional \$10) S M L XL XXL Youth Sizes: M L

Registration Fees: \$50 One Session: \_\_\_\_\_  
 \$85 Two Sessions: \_\_\_\_\_  
 \$10 (for optional catcher's t-shirt): \_\_\_\_\_  
 Total: \_\_\_\_\_

\*Make checks payable to BVU\*

## PARENT/GUARDIAN CONSENT AND RELEASE

I, the undersigned parent and/or legal guardian of the minor named above (the "minor"), do hereby consent to her participation in the 2012 BVU Softball Clinic. I, as the parent and/or legal guardian of the minor, in consideration of the acceptance of this entry, with full understanding of the risks involved and to the maximum extent permitted by law, release, hold harmless and agree to indemnify Buena Vista University and its officers, directors, faculty, staff, representatives, employees, agents, and any sponsors, and all softball team coaches and members of the softball team from and against any present or future claim, loss, or liability for injury to person or property which I, or the minor, may suffer, or for which the minor may be liable to any other person related to the minor's participation in the softball clinic resulting from any cause, including but not limited to ordinary or gross negligence.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A CONSENT AND RELEASE.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Name (Print): \_\_\_\_\_

Mail registration to:

Heather Hupke \* Buena Vista University \* 610 W. 4<sup>th</sup> Street \* Storm Lake, IA 50588

# SOFTBALL CLINICS

## High School Clinics 8<sup>th</sup>-12<sup>th</sup> Graders

Pitching Sunday, March 11<sup>th</sup> 9 am-Noon  
 Fundamentals Sunday, March 11<sup>th</sup> 1-4 pm

## Youth Clinics 3<sup>rd</sup>-7<sup>th</sup> Graders

Pitching Sunday, February 5<sup>th</sup> 1-4 pm  
 \*8<sup>th</sup> graders welcome at the February 5<sup>th</sup> session

Pitching Sunday, February 26<sup>th</sup> 9 am-Noon  
 Fundamentals Sunday, February 26<sup>th</sup> 1-4 pm



**BUENA VISTA**  
 UNIVERSITY ATHLETICS  
 LAMBERT RECREATION CENTER

## GENERAL INFORMATION

On Sunday, February 5<sup>th</sup>, Sunday, February 26<sup>th</sup> and Sunday, March 11<sup>th</sup> the Buena Vista University Softball team will be holding their annual softball clinics. We will host two youth pitching clinics and one high school pitching clinic along with a fundamentals of offense and defense clinic for each age group. **Please note that the pitching clinics will be the same each session so there is no need to attend more than one pitching clinic.** No phone registrations will be accepted. The registration form is available on our web site: [www.bvu.edu/athletics](http://www.bvu.edu/athletics) (camps & clinics).

Enrollment is limited to insure individual instruction is given to each athlete. Instruction will be provided by our coaching staff, members of the BVU softball team, and selected high school coaches. Students will be divided by both grade level and skill level. When we receive your registration we will notify you by email to confirm your enrollment. Please register 10 days prior to the clinic date to ensure a t-shirt. In case inclement weather becomes a factor in your transportation safety, we will try to accommodate you at another session or refund your registration fee. For weather related postponements/cancellations, please check the BVU athletics website.

Cost for attending the clinic is \$50 (includes t-shirt). Students who wish to attend both a pitching clinic and a fundamental clinic will receive a reduced fee of \$85, but only one t-shirt. Catchers that attend only the pitching clinic can attend for free unless they wish to purchase a clinic t-shirt for \$10. Please indicate the sizes on the registration form.

Players should come dressed in comfortable work-out clothes, tennis shoes, and bring their own glove. Younger players may want to bring their own bat/helmet if they have one. We will have a limited supply of smaller bats and helmets. Catchers must bring their own catching gear and will be required to wear a mask when catching. Pitchers should bring their own ball and catcher (parents are welcome to catch). We recommend that pitchers begin throwing now in order to guard against sore arms.

## REGISTRATION

### **MORNING SESSION:**

Check in: 8:45 a.m.

Clinic: 9 a.m. – 12 p.m.

### **AFTERNOON SESSION:**

Check in: 12:45 a.m.

Clinic: 1 p.m. – 4 p.m.

### **LOCATION**

Lamberti Recreation Center on the campus of Buena Vista University (across from the football stadium)

## CLINIC DIRECTOR

**Heather Hupke**, Head Softball Coach

### **Questions...Contact:**

Heather Hupke, Softball Coach

Office Phone: (712) 749-2014

Cell Phone: (712) 490-1998

E-Mail: [HupkeH@bvuu.edu](mailto:HupkeH@bvuu.edu)

## CLINIC FEATURES

### **PITCHING**

- Pitching demonstration with warm up & conditioning
- Pitching drills
- Basic pitching fundamentals
- Common problems & corrections
- Radar gun for speed analysis
- Advanced pitchers – drop ball, change-up, & curve ball
- Agility and strength

### **FUNDAMENTALS**

- Hitting, bunting, and slapping
- Basics of catching, throwing, & fielding
- Infield fundamentals
- Outfield fundamentals
- Catcher fundamentals
- Base running

### **BEAVER SOFTBALL**

- 1984 NCAA National Champions
- 1992, 1983 NCAA 2<sup>nd</sup> Place
- 1989 NCAA 3<sup>rd</sup> Place
- 1994 NCAA 5<sup>th</sup> Place
- Iowa Conference Champions – 1996, 1995, 1994, 1984, 1983
- 19 All Americans & 91 All Conference Players