



TRITON ALL SKILLS SOFTBALL CAMP
Veteran's Day - Saturday, November 11th, 2017

CAMP SCHEDULE:

- **9:00am: Registration/Check in – Meet the Players and Coaches**
 - Campers will turn in their signed registration forms and payment
 - \$60 individual price / \$50 team price / +\$20 for pitching session
 - Campers will receive a name tag to wear and a wrist band (glove arm) with a color indicating their graduation year
 - Triton Players will introduce themselves to the campers and show campers where to put their bags
- **9:30am: Introductions and Instructions**
- **9:40am: Dynamic Warm-Up**
- **10:00am-12:00pm: Morning Session – Hitting**
 - Group 1 (Outside): Live Hitting and Bunting on Field
 - Group 2 (Indoor Hitting Facility): Hitting Circuit and Fundamental Drills
- **12:00pm-12:30pm: Lunch Break (Indoor Hitting Facility, Dugouts, Cars, or Off-Campus)**
 - Please bring your own lunch, snacks, and water
- **12:30pm – 1:00pm: Mental Game / Recruiting Talk (Indoor Hitting Facility)**
- **1:00pm-3:30pm: Afternoon Session - Defense**
 - Warm-Up / Arm Care / Throwing progression / Partner drills
 - **4 Station Break Up with Infield and Outfield Drills (Part 1)**
 - **4 Station Break Up with Infield and Outfield Drills (Part 2)**
 - **Position Specific Breakout Instruction**
 - Catchers – Coach Sheryl & Catchers (in Indoor Hitting Facility)
 - Infield – Coach Adrian & Infielders
 - Outfield – Coach Matt & Outfielders
 - **Group Defensive Drills (2 fields)**
 - **Group Competitions**
- **3:30pm – 4:00pm: Camp Wrap-Up and Question/Answer Session - Recruiting**
- **4:00pm-5:00pm: Optional Pitching Session**

* The cost of the camp will include the morning and afternoon sessions and they will cover offense, defense, and base running.

* If you are interested in pitching, please sign up for the extra pitching session and provide your own catcher.

CAMP COST:

- \$60 per camper
- Optional Pitching Session- Add \$20 per camper.
- Sign up as a team (9 or more players from your team) and each player gets \$10 off camp registration

You can pay by cash, check, or credit card.

STEPS TO REGISTER:

1. Please **email** your camper's name and appropriate contact information to Sheryl.Gilmore@email.edcc.edu to hold your spot at the camp. As space is limited, only the first 60 players to sign-up will get in to the camp.
2. Please **print and fill out the camp registration form** (see below) and bring it with you on the morning of the camp. Registration begins at 9am.
3. Options for **payment**
 - a. Cash
 - b. Check (made out to EDCC Softball)
 - c. Credit Cards are accepted by calling the Athletic Department at **425-640-1415** – mention that you would to pay your softball camp registration fee and be sure to leave your name, your camper's name and your contact information. **All credit card payments must be taken by Thursday November 9th 2017**, as the school will be closed the day of and the day before the camp.

PREPARING FOR CAMP:

- Our camp will be held at Triton Field (20000 68th Ave W, Lynnwood, WA 98036)
- Campers will need to be equipped with shoes (**no metal spikes**), helmet, mitt, bat, etc. and bring their own water bottles and lunch.
- Be sure to prepare for cold or inclement weather. As our field is turf, this is an all-weather camp and we will hold this camp rain or shine!

SUPERVISION AND CAMP STAFF:

- All coaches and players from our Triton Softball team will serve as instructors to ensure a proper participant instructor ratio.
- Observers must stay clear of the activity area in order to maintain a safe camp environment. Bleachers will be open for coaches, parents, family, and friends.
- Once camp terminates, there will be NO direct supervision of campers (although staff will be present at the facility).

INSURANCE / MEDICAL INFORMATION:

- All participants must have medical clearance and insurance to participate.
- Medical expenses for accidents and / or illnesses are not the responsibility of Edmonds Community College.

For more information on Triton camps and clinics, email Sheryl.Gilmore@email.edcc.edu or call Head Coach Sheryl Gilmore at (425) 773-7474. See you at the ballpark!

TRITON ELITE SOFTBALL CAMP REGISTRATION

- All-Skills Camp: \$60 All-Skills Camp Team Discount (9 or more): \$50
 Add Optional Pitching Session: \$20 Cash Check Credit Card

Triton Elite Softball Camp - Camper Information

Camper Name: _____

Address: _____ City: _____ Zip: _____

Camper Phone: (____) _____ - _____ Camper Email Address: _____

Parent Phone: (____) _____ - _____ Parent Email Address: _____

Current School: _____ Current Grade: _____

Graduation Year: _____ Do you play select/travel softball? YES NO

If yes, what is the name of your team: _____

Triton Elite Softball Camp – Release Form

I acknowledge that I am informed of the hazards and risks connected with participation in the class or other activity in which my child or dependent is enrolling, including those risks which are incumbent with any excursion program or extracurricular activities, with the realization that these activities might subject him/her to personal bodily injury or property damage risk.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

This camp does not provide medical insurance. Your medical insurance provider/policy number: _____

Emergency contact name: _____

Emergency contact phone number: _____

Triton Elite Softball Camp – Photo, Audio, and Video Promotion Release Form

Edmonds Community College may take and use photographs or videos of me and/or my child to be used for public information purposes, such as college publications, website, displays, podcasts, blogs, video presentations, social media, and advertisements with the understanding that my image will be used to promote Edmonds Community College only. I do this willingly, expecting no compensation or gratuity of any kind from Edmonds Community College.

Camper Name: _____

Camper Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____