



BUENA VISTA SOFTBALL CAMPS

"Champions are made in the offseason."

Advanced Camps
Grades 9-12
Sunday Jan. 6th
Hitting: 2-4pm
Pitching: 5-7pm

The hitting clinic will provide two hours of drills, demonstrations, lectures, and measurables regarding hitting fundamentals, bunting, situational hitting, and mental training for High School athletes. Each hitter will learn important aspects of the offensive part of the game to compete at a high level. The pitching clinic will focus on mechanics and pitch development for players in High School. Each pitcher will learn drills specifically for their age/ability level in the areas of body position, spin, accuracy and power.

Fundamental Camps
Grades 4-8
Sunday Jan. 13th
Hitting: 9-11am
Defense: 12-2pm
Pitching: 2-4pm

The hitting, defensive, and pitching clinics are intended for youth looking to gain basic knowledge in technique, mechanics, body awareness, and approach in each respective area of the game. All aspects of the offensive part of the game will be covered in respects to hitting, bunting, and mental approach. Defensively, participants will learn proper throwing mechanics, footwork, angles, range, and glove work for both infield and outfield positions. Pitchers will gain knowledge on the basic fundamentals regarding body movements, mechanics, strength, accuracy, and velocity. Each pitcher will learn drills specifically designed for their age/ability level.

Elite Beaver Camp
Grades 9-12
Sunday Feb. 10th
10am-1pm

The Elite Beaver Camp is for prospects that will be a total skills camp involving all areas of the game. After the camp, campers are encouraged to stay for a campus tour and listen to coaches and staff discuss opportunities at the next level for all divisions and an NCAA talk that includes a Q & A session. The skill instructions include; Outfield defense: proper angles, fielding, footwork, throwing, positioning and catching. Infield defense: proper fielding techniques, footwork, glove work, transfers, throwing, positioning and strategy. Hitting: mechanics and technique regarding leg drive, hand path, barrel path, contact points, power, vision training and mental approach. Pitching: basic mechanics with leg drive, power line, body awareness and snaps/spins. Catching: basic mechanics with receiving, framing, blocking, throw downs and battery relationship.

Mingus Youth Camp
Grades 4-8
Sunday Mar. 31st
10am-1pm

Please join us for a very special camp organized to help one of our decorated softball Alumni Susan Mingus in her fight with Breast Cancer. The camp staff will be made up of VERY successful BVU Softball Alumni who all played an integral part in the tradition and success of our program. We will be covering fundamentals and techniques in all aspects of the game; hitting, pitching, infield, outfield, and base running.

What to bring: Participants must bring their own gloves, bats, helmets AND catchers (for pitching camps). Wear tennis shoes or turf shoes, no cleats.

Location: All camps/clinics will be hosted in the Rec Center on BVU campus

Name: _____
 E-mail: _____
 Home Address: _____
 City, State, Zip: _____
 Phone: _____
 Age: _____
 Graduation Year: _____
 Position(s): _____
 School: _____
 Club Team: _____
 Emergency Contact Name: _____
 Phone: _____ Relationship: _____

We would like to register for the following sessions:

- | | |
|---|--------------------|
| <input type="checkbox"/> Advanced Hitting: Grades 9-12 \$30 | Both: \$55 |
| <input type="checkbox"/> Advanced Pitching: Grades 9-12 \$30 | |
| <input type="checkbox"/> Fundamental Hitting: Grades 4-8 \$25 | All 3: \$65 |
| <input type="checkbox"/> Fundamental Defense: Grades 4-8 \$25 | |
| <input type="checkbox"/> Fundamental Pitching: Grades 4-8 \$25 | |
| <input type="checkbox"/> Elite Beaver Camp: Grades 9-12 \$60 | |
| <input type="checkbox"/> Mingus Youth Camp: Grades 4-8 \$50 | |

***Total Amount Enclosed:** _____

Event Waiver: I, a participant in the Buena Vista Softball Camp have a 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 others associated with the special event from and against any present or future claim, loss, or liability for injury to person or property which may suffer or for which I may be liable to any other person related to my participation in the Buena Vista Softball Camp, resulting from any cause, including but not limited to ordinary or gross negligence.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A WAIVER & RELEASE OF LIABILITY.

Refund Policy: 100% refunds for all BVU cancelled Softball camps (due to weather or unforeseen circumstances). 50% refund for cancellations on the registrants behalf up until 48 hours prior to camp, then no refunds thereafter.

 Participant's Signature

 Parent's or Guardian's Signature

**Make checks payable to BVU Softball. Please send this form and your payment to BVU Softball: 610 W. 4th Street - Storm Lake, IA 50588*