

# A Taste of Pitching and Hitting

With Cyndi Covello & CHS Softball Players

Friday, November 8, 2013

Columbia High School Gymnasium - 17 Parker Ave Maplewood

Open to all Softball Player Grades 4 thru 9



Come join Cyndi Covello for a fun filled day of instruction and demonstration on the finer points of fast pitch softball fundamentals. The day's focus will consist of pitching, catching, hitting, bunting and slapping. The day will end with a scrimmage amongst all participants. All clinic participants will be assigned to a group which will travel through various instructional "stations" with a CHS team player.

## SESSION I

- Registration Session I 9am – 9:30am
- Warm-ups 9:30am – 10am
- Session I – Pitching and Catching 10am – 12pm
- Lunch 12pm – 1pm

## SESSION II

- Registration Session II 12:30pm – 1pm
- Session II – Hitting 1pm – 3pm
- Demonstrations and Q&A 3pm – 4pm
- Scrimmage 4pm – 5pm

**Full Day Cost: \$70.00**

**Half Day Cost: \$40.00**

**Lunch (sandwich, fruit, chips, drink): \$7.00**

Pre-register is **HIGHLY RECOMMENDED** at <https://atasteofpitchingandhitting.eventbrite.com> or mail registration form and payment to: Toshia Williams – 49 Hughes Street – Maplewood, NJ 07040, Make checks payable to: American Council of International Studies (ACIS). **Registration deadline: November 4, 2013.**

Wear comfortable clothing; bring softball gear, water bottle and sneakers...NO CLEATS.

All proceed for this event will benefit CHS Softball players' trip to Italy Summer 2014. Additional donations and information regarding their trip can be made or read at <http://www.gofundme.com/atasteofitaly>.

For more information contact: Toshia Williams (201) 563-5838 or email [toshia036@verizon.net](mailto:toshia036@verizon.net)



## A Taste of Pitching and Hitting: REGISTRATION FORM

Participants Name: \_\_\_\_\_ Position: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Cell#: \_\_\_\_\_

Emergency Contact Name and #: \_\_\_\_\_

Please circle which session(s) attending:      Session I \$40      Session II \$40      Both \$70      Lunch (optional) \$7.00

Total Amount Enclosed: \_\_\_\_\_

**CHS SOFTBALL TEAMS THANKS YOU FOR YOUR SUPPORT IN ADVANCED!**