

2018 Pitching/Catching Clinics

featuring

UNK Pitching Coach Kellee Vornhagen and UNK Players



Pitching/Catching Academy Format:

Choose one of the following sessions. Participants will meet once per week for 4 consecutive weeks. Academy format will include a 'classroom' session followed by a skill development session. Space is limited. Middle/High School pitchers will need to supply their own catcher. All catchers are expected to supply their own catching gear. We do have limited catchers gear if necessary. All participants will receive a t-shirt.

Location: All Camps will be held at Dryden Park

MONDAY Pitching Camps

_____ Beginning Pitching Instruction Age 9-10	June 4, 11, 18, 25	8:30-9:30 AM	Cost: \$70
_____ Intermediate Pitching Instruction Age 11-14	June 4, 11, 18, 25	9:30-11:00 AM	Cost: \$100
_____ Beginning Pitching Instruction Age 8U	June 4, 11, 18, 25	11:00-12:00 PM	Cost: \$70

WEDNESDAY Pitching Camps

_____ Intermediate Pitching Instruction Age 9-10	June 6, 13, 20, 27	8:00-9:00 AM	Cost: \$70
_____ Intermediate Pitching Instruction Age 11-14	June 6, 13, 20, 27	9:00-10:30 AM	Cost: \$100
_____ Elite Pitching Instruction High School Pitchers	June 6, 13, 20, 27	10:30-12:00 PM	Cost: \$100

TUESDAY Catching Camps

_____ Beginning Catching Instruction Age 9-10	June 5, 12, 19, 26	8:30-9:30 AM	Cost: \$70
_____ Intermediate Catching Instruction Age 11-14	June 5, 12, 19, 26	9:30-11:00 AM	Cost: \$100
_____ Beginning Catching Instruction Age 8U	June 5, 12, 19, 26	11:00-12:00 PM	Cost: \$70

THURSDAY Catching Camps

_____ Beginning Catching Instruction Age 9-10	June 7, 14, 21, 28	8:00-9:00 AM	Cost: \$70
_____ Intermediate Catching Instruction Age 11-14	June 7, 14, 21, 28	9:00-10:30 AM	Cost: \$100
_____ Elite Catching Instruction High School Catchers	June 7, 14, 21, 28	10:30-12:00 PM	Cost: \$100

Registration Information

Player Name _____ Age _____ T-shirt Size _____
 Address _____ City _____ Zip _____
 Mother Name/Cell: _____ Dad Name/Cell _____
 Parent email: _____
 Health Concerns? _____
 Brief Description of softball experience? _____

PARENT'S RELEASE AND INDEMNITY AGREEMENT

I certify that the participant is covered by medical insurance and accept responsibility for payment of all medical and related services arising from participation in the 2018 Coach Carnes Softball Academy. I hereby release the Coach Carnes Softball Academy, Holly Carnes, Kellee Vornhagen and all other camp employees from all claims on account of any injury, which may be sustained by our (or my) child while attending the 2018 Coach Carnes Softball Academy.

Parent/Guardian Signature: _____ **Date** _____

***Contact Information/Clinic Host: Kellee Vornhagen Email Contact: kelvornhagen@gmail.com Phone: 308-224-0281
 Mail Registrations to Coach Carnes Softball Academy % Kellee Vornhagen 1 Birchwood Place Kearney, NE 68845
 Checks payable to Kellee Vornhagen

Which session fits where you are in your pitching/catching journey? The following is information about our plans for each session. Our goal is to help you wherever you are make progress toward where you want to go. If you have any questions about where you best fit, please do not hesitate to call to discuss. Thanks! Kellee 308 224-0281

Pitching Academy	
8U Beginning Pitching	This camp is designed for the littlest of pitchers! Players that have expressed an interest in pitching and want to give it a try should sign up for this session. Instruction will be introduction of fastball pitching mechanics. We will build the pitching motion using a progression and a variety of tools to help the kids feel what they need to do. This course is limited in size to allow for more one on one interaction.
9-10U Beginning Pitching	This camp is designed for the players that are interested in giving pitching a try or kids that have just started to pitch. Instruction will be mechanics based. We will build the pitching motion using a progression and a variety of tools to help the kids feel what they need to do.
9-10U Intermediate Pitching	This camp is designed for the players that have been pitching (thrown competitively in games multiple times) and can throw more than one pitch (like fastball and change-up.) Instruction will be about routines, location and handling pressure as well as fine-tuning mechanics of known pitches as well as continuing to develop new ones.
11-14U Intermediate Pitching	This camp is designed for the players of this age that are relatively new to pitching competitively or that have been pitching (throw competitively in games regularly) and can throw more than one pitch (like fastball and change-up.) Instruction will be about routines, location, defining the strike zone and handling pressure as well as fine-tuning mechanics of known pitches and pitching principles as well as continuing to develop new ones.
High School Athletes Elite Pitching	This camp is designed for the players that have been pitching at a highly competitive level for a while. Pitchers in this session will work on greater details of strategy behind the pitches. There will be emphasis on location and understanding counts. Pitcher's will have an opportunity to fine tune pitches with specific feedback on what makes a pitch effective.

Catching Academy	
8U Beginning Catching	This camp is designed for the littlest catchers! Introduction to this position.
9-10U Beginning Catching	This camp is designed for players interested in catching! Introduction to receiving, throwing, and blocking.
9-10U Intermediate Catching	This camp is designed for players who have started catching! Academy will focus on progression of skills including receiving, throwing, blocking, and communication. .
11-14U Intermediate Catching	This camp is designed for players who have been catching for a while. Focus on progression of skills including receiving, throwing, blocking and communication..
High School Athletes Elite Catching	This camp is designed for the players that have been catching at a highly competitive level for a while. Catchers in this session will work on understanding strategy behind calling pitches. There will be emphasis on mechanics of catching and understanding counts.

This We Believe:

"I believe that in order for a player to **get better** that they have to be willing to **contribute to their own improvement**. I can and will supply the **expertise** but only in hopes of teaching the student how to **know what I know** and how to use it themselves to improve on and ultimately eliminate their own mistakes.

It's not enough that I **know** what the player did wrong - or right for that matter. The player has to learn how to **know that for themselves**. The reason I believe this is so crucial to a softball player's improvement is that when the athlete finds herself in a game needing to either perform that skill successfully or else make an immediate correction - I'm not there to tell that player what to do! The better a softball player is at **knowing what** changes she needs to make and **knowing how** to make them, the more **successful** she'll be in competition. And, isn't that why players take lessons to begin with? To ultimately **perform better in games!**"

CINDY BRISTOW