



Lancaster High School Varsity Softball
Presents the 7th Annual



Free Clinic for Youth Softball Players

Saturday, March 24, 2012
Grades K-3: 9-11 am
Grades 4-7: 12-2 pm
Lancaster High School Field House

Topics addressed will include:

- Infield Play & Skills
- Outfield Techniques
- Offensive Strategy & Skills
- Bunting/Slapping
- Sliding/Diving
- Baserunning
- Practice, Individual, & Team Drills
- Throwing & Fielding Mechanics
- Core Muscle Use
- Defensive Strategy
- Character Education

All players should bring a mitt.

Instructors

Kelly Ambrose: LHS Varsity Coach; two-time ECIC DI Coach of the Year; 12th Season at Lancaster; played college softball at St. John Fisher College.

Lauren Krieger: LHS Varsity Assistant Coach; 6th Season at Lancaster; played college softball at St. Bonaventure University.

Lindsay Morris: LHS Pitching & Modified Coach; 3rd Season at Lancaster; played college softball at Canisius College.

Rich Winiatowski: LHS JV Coach; 6th Season at Lancaster.

Members of LHS Varsity Softball Team

Player's Name: _____

Grade: _____

(Session 1: K-3; Session 2: 4-7)

Player's School: _____ (should be a LCSD School)

Player's Address: _____

Phone #: _____

Name of Accompanying Adult: _____

(All players must remain accompanied by an adult throughout the clinic).

Fill out this form and mail to: Kelly Ambrose, Varsity Softball Coach, 1 Forton Dr., Lancaster, NY 14086 OR e-mail the information above to kambrose@lancaster.wnyric.org to reserve your spot.